



SMOOTHIES

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MANGO BERRY SMOOTHIE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 255 | **Protein:** 23 | **Fat:** 9 | **Carbs:** 26

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- 1 cup frozen mango
- 1 cup unsweetened coconut milk
- 1 scoop Life Time Berry Greens
- ½ cup ice

1. Blend and enjoy!

* LIFE TIME PROTEINS – **GLUTEN-FREE:** All; **VEGAN:** Vegan & Vegan +; **VEGETARIAN:** Vegan, Vegan +, Whey, Whey + & Whey Isolate; **DAIRY-FREE:** Vegan, Vegan +, & Beef Protein (Collagen), **GUT.FIX:** Collagen; **D.TOX:** Vegan, Vegan + & Collagen



ORANGE CREAMISCLE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 335 | **Protein:** 27 | **Fat:** 7 | **Carbs:** 48

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- Juice of 1 large orange
- Zest of 1 large orange
- 1 cup almond milk (or other dairy alternative)
- 1 tsp. flax seed
- Ice cubes as needed

1. Blend and enjoy!

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PINEAPPLE MINT BLAST

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 195 | **Protein:** 24 | **Fat:** 3 | **Carbs:** 22

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX, GUT.FIX



- 1 serving Life Time vanilla protein powder*
- 1 large handful baby spinach
- 2 tsp. mint leaves
- ½ cup pineapple chunks
- ½ lime, juiced
- 6 ice cubes
- 1 cup cold water

1. Blend and enjoy!

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CHOCO NUT BUTTER SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 405 | **Protein:** 39 | **Fat:** 18 | **Carbs:** 26

Gluten-Free, Vegetarian

- 1 serving Life Time vanilla protein powder*
- ½ cup full-fat, plain Greek yogurt
- ¼ cup gluten-free oatmeal
- 1 Tbsp. nut butter
- 1 scoop Double Chocolate Life Greens
- 1 tsp. cocoa powder
- 8 oz. water
- 4-5 ice cubes, as preferred

1. Blend and enjoy!



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PIÑA COLADA SMOOTHIE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 315 | **Protein:** 24 | **Fat:** 10 | **Carbs:** 22

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX, GUT.FIX



- 1 serving Life Time vanilla protein powder*
- 1 cup coconut milk
- ¾ cup pineapple chunks
- 1 Tbsp. unsweetened coconut flakes
- 4-5 ice cubes, as preferred

1. Blend and enjoy!

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“SPIKED” COFFEE SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 245 | **Protein:** 26 | **Fat:** 4 | **Carbs:** 31

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- 1 serving Life Time vanilla or chocolate protein powder*
- 1 scoop Cafe Mocha Life Greens
- ½ ripe banana
- 1 cup cold or room temperature brewed coffee
- 1 Tbsp. ground coffee
- 1 Tbsp. chia seeds
- 1 tsp. almond extract
- 1 cup ice

1. Blend and enjoy!

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CARROT CAKE SMOOTHIE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 335 | **Protein:** 27 | **Fat:** 7 | **Carbs:** 48

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- 1 serving Life Time vanilla protein powder*
- 1 large carrot, washed, peeled, and chopped
- 1 large banana
- 1 Tbsp. flax seeds
- ½ tsp. pure vanilla extract
- 1 cup water
- ¼ tsp. ground cinnamon
- 4 large ice cubes

1. Blend and enjoy!

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PEPPERMINT PATTY SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 250 | **Protein:** 26 | **Fat:** 7 | **Carbs:** 21

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX, GUT.FIX

- 1 serving Life Time chocolate protein powder*
- 1 tsp. peppermint extract
- ½ banana (fresh or frozen)
- 1 cup unsweetened almond milk (or dairy-alternative of choice)
- Add ice as needed/preferred

1. Blend and enjoy!

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CHIA BERRY SMOOTHIE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 265 | **Protein:** 27 | **Fat:** 11 | **Carbs:** 19

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- 1 Tbsp. chia seeds
- ½ cup mixed berries
- 1 cup spinach or kale
- 1 cup unsweetened almond milk
- Add water for desired thickness
- 4-5 ice cubes, as preferred

1. Blend and enjoy!

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TROPICAL LIME BERRY SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 400 | **Protein:** 26 | **Fat:** 18 | **Carbs:** 37

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- 1 Tbsp. coconut oil
- 1 banana (fresh or frozen)
- 1-2 Tbsp. lime juice
- 1 celery stalk
- ½ cup unsweetened almond milk (or dairy-alternative of choice)
- Add ice as needed/preferred

1. Blend and enjoy!

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STRAWBERRY SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 310 | **Protein:** 27 | **Fat:** 12 | **Carbs:** 30

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Strawberry Crème Grass-Fed Whey
- 1 Tbsp. ground flaxseed or chia seeds
- 2 cups spinach
- 1 cup frozen strawberries
- 8 oz. coconut milk (or milk-alternative of choice)
- 4 oz. water
- 4-5 ice cubes, as preferred

1. Blend and enjoy!





PUMPKIN PIE SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 315 | **Protein:** 29 | **Fat:** 8 | **Carbs:** 36

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- ½ cup pumpkin puree
- ½ banana
- 1 cup unsweetened vanilla almond milk
- ½ tsp. pumpkin pie spice
- 1 tsp. cinnamon
- 1 cup ice

1. Blend and enjoy!

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CHOCO-CHERRY SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 400 | **Protein:** 29 | **Fat:** 21 | **Carbs:** 28

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX, GUT.FIX

- 1 serving Life Time chocolate protein powder*
- 1 cup spinach
- 1/2 cup frozen cherries
- 2 Tbsp. nut butter
- 8 oz. coconut milk (or milk-alternative of choice)
- 4-5 ice cubes, as preferred

1. Blend and enjoy!

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BLUEBERRY MINT SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 250 | **Protein:** 27 | **Fat:** 8 | **Carbs:** 20

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- ½ cup blueberries
- 4 mint leaves (or 10 drops mint extract)
- 1 cup unsweetened cashew milk
- 1 handful spinach
- ½ Tbsp. chia seeds
- 4-5 ice cubes, as preferred

1. Blend and enjoy!

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ST. PADDY'S SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 290 | **Protein:** 24 | **Fat:** 18 | **Carbs:** 12

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- 1 cup unsweetened coconut milk
- ½ ripe avocado
- 1 cup spinach
- ½ tsp. peppermint extract
- ½ tsp. vanilla extract
- ½ cup ice

1. Blend and enjoy!

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SUPER GREENS SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 215 | **Protein:** 25 | **Fat:** 21 | **Carbs:** 5

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- ½ small green apple
- 2 celery stalks, diced
- 1 lime, juiced
- 1 big handful spinach
- 10 fresh mint leaves
- 1 cup unsweetened almond or coconut milk
- 4-5 ice cubes, as preferred

1. Blend and enjoy!



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CHAI SMOOTHIE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 325 | **Protein:** 27 | **Fat:** 15 | **Carbs:** 24

Gluten-Free, Vegetarian

- 1 serving Life Time vanilla protein powder*
- 1 cup brewed chai tea
- ½ cup unsweetened, full-fat Greek yogurt
- 1 Tbsp. cashew butter
- 1/2 tsp. cinnamon
- 1/4 tsp. ginger
- 1/4 tsp. nutmeg
- 1/4 tsp. cardamom
- 4-5 ice cubes, as preferred

1. Blend and enjoy!

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CHOCOLATE CRUNCH SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 355 | **Protein:** 26 | **Fat:** 16 | **Carbs:** 28

Gluten-Free, Vegetarian

- 1 serving Life Time chocolate protein powder*
- ½ small banana
- ½ cup unsweetened, full-fat Greek yogurt
- 1 Tbsp. crunchy almond butter
- 1 cup spinach
- 1 cup unsweetened almond milk
- 4-5 ice cubes, as preferred

1. Blend and enjoy!

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MAPLE NUT SMOOTHIE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 340 | **Protein:** 26 | **Fat:** 13 | **Carbs:** 26

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- ½ frozen banana
- ½ Tbsp. maple syrup
- 1 Tbsp. cashew butter
- 1 tsp. vanilla extract
- 1 cup unsweetened nut milk
- 4-5 ice cubes, as preferred

1. Blend and enjoy!



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BLUEBERRY PIE SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 330 | **Protein:** 27 | **Fat:** 17 | **Carbs:** 21

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- ½ blueberries
- Juice of 1 lemon
- 1 Tbsp. almond butter
- 1 tsp. vanilla extract
- 1 cup unsweetened nut milk
- 4-5 ice cubes, as preferred

1. Blend and enjoy!

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CHOCOLATE GINGERBREAD SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 310 | **Protein:** 27 | **Fat:** 13 | **Carbs:** 27

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- 1/2 small frozen banana
- 1/2 cup frozen, riced cauliflower
- 1 Tbsp. cahehw butter
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1 tsp. fresh ground ginger
- 1 cup unsweetened nut milk

1. Blend and enjoy!

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CINNAMON APPLE SHAKE

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 210 | **Protein:** 24 | **Fat:** 5 | **Carbs:** 19

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX

- 1 serving Life Time vanilla protein powder*
- 1/2 apple, peeled and diced
- 1/2 cup frozen, riced cauliflower
- 1 cup unsweetened nut milk
- 1 tsp. cinnamon

1. Blend and enjoy!

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A close-up photograph of a dark grey metal muffin tray containing several baked oatmeal muffins. The muffins are golden-brown and topped with fresh fruit, including raspberries, blackberries, and strawberries. The tray is set on a light blue textured surface. A white rectangular box is overlaid in the center of the image, containing the word "BREAKFAST" in bold, black, uppercase letters.

BREAKFAST

BREAKFAST

- 27 BANANA PROTEIN MUFFINS
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BANANA PROTEIN MUFFINS

15 Servings | **Prep time:** 5 minutes | **Cook time:** 15 minutes

Calories: 106 | **Protein:** 8 | **Fat:** 3 | **Carbs:** 3

Gluten-Free, Vegetarian

- 3 medium-large bananas
 - 1 zucchini, chopped
 - 4 scoops Life Time Vanilla Grass Fed Whey
 - 2 Tbsp. chia seeds
 - 1 cup unsweetened vanilla almond or coconut milk
 - 1 cup oats
 - ½ cup chopped pecans
 - 1 Tbsp. vanilla extract
 - 1 Tbsp. cinnamon
 - Toppings optional – raisins, strawberries, blueberries, chocolate chips, etc.
1. Preheat oven to 375°F.
 2. In a blender, combine bananas, milk, chia seeds, whey, vanilla, cinnamon and zucchini. Once blended, the mixture should be the consistency of cake batter.
 3. Hand-mix the pecans and oats into the batter (do not blend).
 4. Line muffin tin with muffin liners. Muffins come out very moist, so this step is important!
 5. Pour batter into muffin tins until about 80% full. Sprinkle optional toppings over the top.
 6. Bake for 12-15 minutes, until golden brown and enjoy!

*Store in a zip-lock bag in the refrigerator for 3-4 days.

OVERNIGHT OATS FOUR WAYS

2 Servings | **Prep time:** 10 minutes | **Cook time:** 25-30 minutes

Calories: 292 | **Protein:** 23 | **Fat:** 14 | **Carbs:** 17

Gluten-Free, Dairy-Free

1. MOCHA CHIP

Cals: 340 | **Protein:** 28 | **Fat:** 14 | **Carbs:** 32

DF, GF, Vegetarian, Vegan

- 1 square 90% dark chocolate, chopped
- 1 scoop Cafe Mocha Life Greens
- 1 serving Life Time chocolate protein powder*
- 1/3 cup old fashioned oats
- 2/3 cup unsweetened almond milk

2. BLUEBERRY LEMON

CHEESECAKE

Cals: 276 | **Protein:** 26 | **Fat:** 7 | **Carbs:** 30

DF, GF Vegetarian, Vegan, D.TOX

- 1/3 cup blueberries
- 2 Tbsp. lemon zest
- 1 serving Life Time vanilla protein powder*
- 1/3 cup old fashioned oats
- 2/3 cup unsweetened almond milk

1. Mix oats, milk, and protein powder in a 16oz jar with a lid.
2. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
3. Prior to serving, add remaining toppings and stir.

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OVERNIGHT OATS FOUR WAYS

2 Servings | **Prep time:** 10 minutes | **Cook time:** 25-30 minutes

Calories: 292 | **Protein:** 23 | **Fat:** 14 | **Carbs:** 17

Gluten-Free, Dairy-Free

3. PB&J

Cals: 426 | **Protein:** 31 | **Fat:** 15 | **Carbs:** 33

DF, GF, Vegetarian, Vegan

- 1 Tbsp. peanut butter
- 1/2 cup chopped strawberries
- 1 serving Life Time vanilla protein powder*
- 1/3 cup old fashioned oats
- 2/3 cup unsweetened almond milk

4. CHUNKY MONKEY

Cals: 452 | **Protein:** 30 | **Fat:** 22 | **Carbs:** 43

DF, GF, Vegetarian, Vegan

- 1/2 banana, sliced
- 1 Tbsp. chopped walnuts
- 1 square 90% dark chocolate, chopped
- 1 serving Life Time chocolate protein powder*
- 1/3 cup old fashioned oats
- 2/3 cup unsweetened almond milk

1. Mix oats, milk, and protein powder in a 16oz jar with a lid.
2. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
3. Prior to serving, add remaining toppings and stir.

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AVOCADO BOATS

2 Servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

Calories: 170 | **Protein:** 9 | **Fat:** 19 | **Carbs:** 8

Gluten-Free, Dairy-Free

- 2 avocados
- 4 medium eggs
- 2 strips of bacon, cooked and diced

1. Preheat oven to 425°F.
2. Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
3. Place avocado halves in a small baking dish, and crack an egg into each—ideally adding yolk first and then egg white until avocado half is filled.
4. Bake for 15-20 minutes, or until egg whites have set.
5. Garnish with cooked bacon pieces.





SAUSAGE & EGG BAKE

6 Servings | **Prep time:** 5 minutes | **Cook time:** 35 minutes

Calories: 195 | **Protein:** 15 | **Fat:** 12 | **Carbs:** 6

Gluten-Free, Dairy-Free

- 8 eggs
 - ½ onion, diced
 - ½ pound breakfast sausage, cubed
 - 1 bell pepper, diced
 - 1 cup broccoli, chopped
 - 1 cup mushrooms, diced
 - Salt and pepper, to taste
 - Optional: ¼ cup cheese
1. Heat oven to 350°F.
 2. Grease 8" round baking dish.
 3. Stir in all ingredients. Sprinkle a light layer of cheese over the top.
 4. Bake uncovered for 30-35 minutes or until golden brown and fully cooked (pierce with fork to check – if fork comes out clean, it's done).



LOW-CARB CEREAL

2 Servings | **Prep time:** 5 minutes | **Cook time:** 10 minutes

Calories: 450 | **Protein:** 15 | **Fat:** 38 | **Carbs:** 19

Gluten-Free, Vegetarian

- ¼ cup whole, raw, unroasted almonds
 - ¼ cup whole, raw, unroasted pecans
 - ¼ cup whole, raw, unroasted walnuts
 - 1 Tbsp. chia seeds
 - 1 Tbsp. ground flaxseed
 - ¼ cup shredded (unsweetened) coconut
 - ½ cup wild blueberries
 - ½ cup organic plain full fat or Greek yogurt (You can substitute organic milk or almond/coconut milk.)
1. Toast the nuts (if desired) for 5 minutes at 200°F.
 2. Chop by hand or in a food processor to small bits (no need to pulverize). Mix the nut pieces with the coconut, chia seeds and ground flaxseed in a bowl.
 3. Add yogurt or milk and blueberries (or your fruit of choice).



SWEET POTATO, EGG, & SAUSAGE HASH

2 Servings | **Prep time:** 10 minutes | **Cook time:** 25-30 minutes

Calories: 292 | **Protein:** 23 | **Fat:** 14 | **Carbs:** 17

Gluten-Free, Dairy-Free

- 1 medium sweet potato
- 4 eggs
- 4 breakfast sausage links
- 1 bell pepper, diced
- ¼ cup red onion, diced
- 1 Tbsp. coconut oil

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully, so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!

PROTEIN PANCAKES

15 Servings | **Prep time:** 5 minutes | **Cook time:** 10 minutes

Calories: 170 | **Protein:** 14 | **Fat:** 8 | **Carbs:** 10

Gluten-Free, Vegetarian



- 1 large (organic) egg
- ¼ cup Life Time Vanilla Grass-Fed Whey protein powder
- 2 Tbsp. organic coconut flour
- ¼ cup unsweetened vanilla almond milk
- ¼ tsp. baking powder
- ¼ tsp. baking soda

1. Beat all ingredients together on low until protein powder is dissolved.
2. Spray skillet with non-stick coconut oil spray.
3. Pour mix onto skillet to desired pancake size and fry on medium heat until thoroughly cooked.
4. You should end up with about 2 big pancakes, or 4 small pancakes. Amount varies slightly by desired size of pancake.



SALMON PATTIES

4 Servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

Calories: 292 | **Protein:** 23 | **Fat:** 14 | **Carbs:** 17

Dairy-Free, Gluten-Free, D.TOX

- 12 oz. wild-caught salmon fillet
- ½ avocado
- ½ cup red onion, diced
- 3 Tbsp. almond flour
- 1/3 cup full fat coconut milk
- 2 Tbsp. coconut oil
- 1 Tbsp. dill
- 1 Tbsp. garlic powder
- 1 Tbsp. paprika
- Salt and pepper, to taste

1. Drain extra water from salmon and flake with a fork in a medium mixing bowl.
2. Add avocado and mix well. Once combined, add coconut milk and stir until the mixture thickens.
3. Add almond flour, dill, garlic powder, paprika, and salt and pepper and mix.
4. Form mixture into 3-4 small patties about 2 inches in diameter.
5. In a medium pan, heat coconut oil and melt. Add salmon patties and cook over medium heat until cooked and crispy, about 4-5 minutes.



BLENDED COFFEE +

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 145 | **Protein:** 11 | **Fat:** 8 | **Carbs:** 6

Gluten-Free, Dairy-Free, Vegan, Vegetarian

- ½ scoop Double Chocolate or Mocha Life Greens
 - ½ serving Life Time chocolate protein powder*
 - ½ Tbsp. coconut oil
 - 1 cup hot coffee
1. Place all ingredients in a blender, blend, and enjoy!

* LIFE TIME PROTEINS – **GLUTEN-FREE:** All; **VEGAN:** Vegan & Vegan +; **VEGETARIAN:** Vegan, Vegan +, Whey, Whey + & Whey Isolate; **DAIRY-FREE:** Vegan, Vegan +, & Beef Protein (Collagen), **GUT.FIX:** Collagen; **D.TOX:** Vegan, Vegan + & Collagen



STRAWBERRY RHUBARB OVERNIGHT OATS

4 Servings | **Prep time:** 15 minutes | **Cook time:** 6-8 hours

Calories: 300 | **Protein:** 28 | **Fat:** 5 | **Carbs:** 38

Gluten-Free, Dairy-Free, Vegetarian, Vegan

- 1 cup strawberries
 - 1 1/2 cup rhubarb
 - 1 Tbsp. water
 - 1 1/3 cup gluten-free oats (1/3 cup for each serving)
 - 2 2/3 cup unsweetened nut milk (almond, cashew, coconut, etc.) (2/3 cup for each serving)
 - 4 servings Life Time vanilla protein powder*
1. In a small sauce pan, combine strawberries, rhubarb and water and simmer on medium heat for 5-7 minutes. Once softened, mash ingredients together and cook for another 10 minutes, stirring very frequently to prevent burning, until the mixture thickens.
 2. Divide strawberry rhubarb mixture, oats, milk, and protein powder into four 16 oz. jars with lids.
 3. Place lid on jar and thoroughly shake. Put in the refrigerator overnight (or 8 hours).
 4. Prior to serving, add remaining toppings and stir.

* LIFE TIME PROTEINS – **GLUTEN-FREE:** All; **VEGAN:** Vegan & Vegan +; **VEGETARIAN:** Vegan, Vegan +, Whey, Whey + & Whey Isolate; **DAIRY-FREE:** Vegan, Vegan +, & Collagen, **GUT.FIX:** Collagen; **D.TOX:** Vegan, Vegan + & Collagen



PEPPERMINT MOCHA

1 Serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 80 | **Protein:** 19 | **Fat:** 0 | **Carbs:** 1

Gluten-Free, Dairy-Free

- 1 cup coffee
 - 1 serving Life Time chocolate collagen protein
 - 5 drops peppermint extract
1. Place all ingredients in a blender, blend, and enjoy!



SUPER COLD BREW

1 Serving | **Prep time:** 8-12 hours | **Cook time:** 0 minutes

Calories: 90 | **Protein:** 19 | **Fat:** 1 | **Carbs:** 2

Gluten-Free, Dairy-Free

To cold brew:

- 1 cup coarsely ground coffee
- 4 cups water (not heated)
- French press OR 1 1/2 quart jar & cheesecloth

Super Cold Brew:

- 1 serving Life Time collagen protein (chocolate or vanilla)
- 1 cup cold brew coffee
- 2 Tbsp. unsweetened coconut milk

To cold brew:

1. Mix coffee grounds and water in french press or jar and stir. Cover, and allow to sit overnight (or at least 12 hours).
2. Strain the coffee using the french press. If using cheesecloth, place the cheesecloth over another jar and slowly pour out the mixture, allowing the cheesecloth to capture the coffee grounds.
3. Refrigerate the cold brew in a sealed container for up to a week.

Super Cold Brew

1. Place cold brew and collagen protein in a blender and blend until well mixed.
2. Add ice and a splash of milk, and enjoy!

PROTEIN OATMEAL CUPS

6 Servings | **Prep time:** 3-5 hours | **Cook time:** 2 minutes

Calories: 292 | **Protein:** 23 | **Fat:** 14 | **Carbs:** 17

Gluten-Free, D.TOX

- 1 ½ cups whole oats
- 1 ½ cups unsweetened vanilla or coconut milk
- 1 ½ cups water
- 2 scoops Life Time Vanilla Grass Fed Whey
- 4 Tbsp. chia seeds
- 1 cup sliced almonds
- 2 cups fruit – Blueberries, strawberries, blackberries, etc...

1. In a large saucepan, combine the oats, water, milk, and salt and bring to a boil.
2. Reduce heat to medium and cook for 2-3 minutes, or to desired consistency. Set cooked oats aside to cool. While oats are cooling, grease muffin tin.
3. Once oatmeal has cooled, add protein powder and mix well. Divide the cooked oatmeal evenly within the muffin tin. Sprinkle with toppings of choice.
4. Cover the muffin tin with plastic wrap and place in the freezer until frozen, usually 3-4 hours.
5. Once frozen, pull out the individual cups and place in plastic bags for later.
6. Remove desired amount of cups 6-8 hours prior to eating them (typically the night before).
7. Place cup in the microwave with ½ cup of coconut or almond milk and 2 oatmeal cups. Microwave for 1-2 minutes, until it reaches desired temperature.



LOADED SCRAMBLED EGGS

4 Servings | **Prep time:** 5 minutes | **Cook time:** 15 minutes

Calories: 330 | **Protein:** 40 | **Fat:** 14 | **Carbs:** 9

Gluten-Free, Dairy-Free



- 4 cups chicken stock (no added salt)
- 3 cups carrots, chopped
- 2 lbs. chicken breast
- 2 15 oz. cans Great Northern beans, drained
- 16 oz. salsa verde
- ½ onion, diced
- ½ Tbsp. garlic powder

1. Place chicken stock, chicken, carrots, salsa, onion, and garlic powder in a large slow cooker and stir to combine. Cook on low for 6-8 hours, or high for 3-4 hours.
2. About 30 minutes before removing from the slow cooker, add both cans of beans. Remove chicken from mixture, shred with two forks, and then return to slow cooker.
3. Allow to cook for 30 minutes, then season with additional salt and pepper as needed.

Two clear glass meal prep containers are shown side-by-side on a white marble surface. Each container is filled with a meal consisting of bite-sized pieces of cooked chicken, broccoli florets, diced red bell peppers, and small pieces of orange carrots. The chicken is coated in a light brown sauce. A white rectangular box with the text 'BATCH COOKING' is centered over the two containers.

**BATCH
COOKING**

BATCH COOKING

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SLOW COOKER POT ROAST & ROOT VEGGIES

6 Servings | **Prep time:** 15 minutes | **Cook time:** 6-8 hours

Calories: 425 | **Protein:** 48 | **Fat:** 19 | **Carbs:** 17

Gluten-Free, Dairy-Free, D.TOX

- 2.5 pound boneless beef chuck roast
 - 2 cups peeled, sliced carrots
 - 2 cups peeled, sliced parsnips
 - 2 stalks celery, chopped
 - 1 medium onion
 - 1 Tbsp. coconut oil
 - 2 cloves garlic, peeled, diced
 - 1 ½ cups water or beef broth
 - 1 tsp. rosemary (dried or fresh)— parsley could work too!
 - 1 tsp. dried basil
 - Salt & pepper to taste
1. Melt coconut oil on skillet. Pat dry the roast, and then place on hot skillet. Brown all sides of roast over high heat for approximately 3-4 minutes per side.
 2. Place the roast in the slow cooker and add the other ingredients.
 3. Cover and cook on low setting for 6-8 hours, or until meat is tender (you could also cook on high for 4-5 hours, however roast may not be quite as tender).
 4. Use tongs or a slate spoon to remove roast and veggies.



CHUNKY MEAT & VEGGIE CHILI

4 Servings | **Prep time:** 10 minutes | **Cook time:** 30 min

Calories: 400 | **Protein:** 35 | **Fat:** 14 | **Carbs:** 26

Gluten-Free, Dairy-Free, D.TOX

- 1 15 oz. can tomato sauce
 - 1 15 oz. can diced tomatoes
 - 1 15 oz. can kidney beans
 - 1 lb. ground beef
 - ½ yellow onion, chopped
 - 2 medium zucchinis, chopped
 - 1 cup carrots, chopped
 - 2 cloves garlic, chopped
 - 2 Tbsp. chili powder
 - ½ tsp. cumin
 - 1 Tbsp. oregano
1. In large pot, brown ground beef and chopped garlic over medium heat until meat is cooked thoroughly.
 2. Add onion, carrots, and seasonings to skillet and cook over medium-high heat about 5-6 minutes. Next add zucchini and cook another 2 minutes, stirring well.
 3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.



BAKED ARTICHOKE CHICKEN

6 Servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

Calories: 215 | **Protein:** 30 | **Fat:** 9 | **Carbs:** 4

Gluten-Free, Dairy-Free

- 2 pounds chicken breasts
 - 1 can or jar (approx. 12 oz.) artichoke hearts
 - 1 cup carrots, peeled and sliced
 - 1 small red onion, diced
 - 1 heaping handful spinach
 - 2 cloves garlic, minced
 - 1 cup chicken stock
 - 2 tablespoons coconut oil (or butter)
 - Salt & pepper to taste
 - Red pepper flakes, to taste
1. Preheat oven to 425°F.
 2. Melt coconut oil in a pan over medium-high heat.
 3. Add chicken and brown on each side, about 5 minutes per side, then remove from pan.
 4. Add onion, carrots, and artichokes to the pan and cover, cooking until tender. Add garlic, chicken stock and spinach and cook for another 1-2 minutes.
 5. Grease baking sheet with coconut oil. Add onion, carrots, artichokes, garlic, chicken and spinach and bake for 20 minutes or until chicken is cooked through.



CILANTRO LIME CHICKEN BOWL

4 Servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

Calories: 305 | **Protein:** 27 | **Fat:** 12 | **Carbs:** 23

Gluten-Free, Dairy-Free

- 1 lb. chicken, cubed
 - 2 Tbsp. coconut oil
 - ¼ cup cilantro, chopped
 - 2 limes, juiced
 - Salt and pepper, to taste
 - 3 cups riced cauliflower
 - 2 tsp. garlic powder
 - ½ cup black beans
 - ½ cup corn
 - ¼ cup red onion, diced
 - 1 Tbsp. garlic, minced
 - 2 cups cherry tomatoes, halved
 - 1 avocado, diced
 - 1 lime, quartered
1. Heat 1 Tbsp. coconut oil in a skillet over medium heat until melted. Add chicken and sauté until thoroughly cooked, about 8-10 minutes.
 2. In a medium bowl, add chicken, lime juice, cilantro, garlic powder (not the minced garlic) and salt and pepper and combine until well mixed. Set aside in the refrigerator.
 3. Heat another tablespoon of coconut oil in the skillet and once melted, add cauliflower and minced garlic and sauté for about 5 minutes. Add black beans, red onion and corn and sauté for another 5 minutes.
 4. Add the cauliflower rice, beans, onion and corn to the bowl with the chicken. Mix in halved tomato, avocado and squeeze lime juice over all of the ingredients, and enjoy!



CHICKEN STIR FRY

8 Servings | **Prep time:** 5 minutes | **Cook time:** 10 minutes

Calories: 255 | **Protein:** 28 | **Fat:** 8 | **Carbs:** 18

Gluten-Free, Dairy-Free, D.TOX

- 2 lb. chicken breast
 - 2 Tbsp. Coconut oil
 - 1 Tbsp. sesame oil
 - 1 cup gluten-free, reduced sodium soy sauce or coconut aminos
 - 2 Tbsp. ginger powder
 - 1 Tbsp. granulated garlic
 - 2 tsp. dried red pepper flakes
 - 1 medium onion, sliced
 - 3 bell peppers, sliced into 1" strips
 - 1 lb. bag of fresh broccoli florets
 - 3 carrots, peeled and cut into bite-sized pieces ¼" thick
 - 2 six oz. can sliced water chestnuts
1. After cutting chicken into bite-sized pieces, combine with soy sauce, sesame oil, ginger, garlic powder, and red pepper flakes in a large bowl to marinate while you chop the rest of the vegetables with a clean knife and cutting board.
 2. In a large wok over medium-high heat on the stove, melt the coconut oil. Once melted, add the chicken, and stir every minute while it cooks for about 5-7 minutes.
 3. After chicken cooks most of the way through, add the vegetables, starting with broccoli & onion as they take longest to cook. Keep stirring to mix all the flavors and to allow for even cooking. The vegetables should only take about 5-7 minutes to cook until bright and crunchy.



ROASTED VEGETABLES WITH BACON

2 Servings | **Prep time:** 10 minutes | **Cook time:** 30 minutes

Calories: 120 | **Protein:** 8 | **Fat:** 15 | **Carbs:** 7

Gluten-Free, Dairy-Free, D.TOX, GUT.FIX

- 4 cups vegetables of choice –
Cabbage, Brussels sprouts, green
beans, asparagus, etc...
- Coarse kosher salt and freshly
ground black pepper
- 8 slices thick bacon

1. Heat the oven to 450°F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper. (If using cabbage, cut into quarters and remove the stem core. Cut each quarter in half again so you end up with eight wedges).
2. Cut each slice of bacon into small 1" strips and lay on top of the vegetables.
3. Roast for about 30 minutes, or until done, flipping once halfway through. Enjoy!

TURKEY PUMPKIN CHILI

4 Servings | **Prep time:** 15 minutes | **Cook time:** 20-30 minutes

Calories: 350 | **Protein:** 26 | **Fat:** 9 | **Carbs:** 15

Gluten-Free, Dairy-Free, D.TOX

- 1 lb. ground turkey
- 1 can (14.5 oz.) pumpkin puree (unsweetened)
- 1 can (14.5 oz.) diced tomatoes, undrained
- 1 can (14.5 oz.) red kidney beans
- ½ yellow onion, diced
- 1 green pepper, chopped
- 1 yellow pepper, chopped
- 1 clove garlic, minced
- 1 ½ Tbsp. chili powder
- 1 ½ tsp. cumin
- ¼ tsp. ground cinnamon
- ¼ cup cilantro, chopped
- 1 jalapeno, sliced (optional)

1. Brown ground turkey over medium heat in large skillet or Dutch oven.
2. Add in yellow onion, green & yellow peppers, and garlic and sauté 5-8 minutes.
3. Stir in tomatoes, pumpkin puree, red kidney beans. Season with chili powder, cumin, cinnamon, and paprika (salt and pepper to taste).
4. Reduce heat and simmer 20-30 minutes.
5. Top with cilantro and/or jalapeno and enjoy!





SHRIMP AND CORN SHEET PAN BOIL

2 Servings | **Prep time:** 10 minutes | **Cook time:** 30 minutes

Calories: 120 | **Protein:** 8 | **Fat:** 15 | **Carbs:** 7

Gluten-Free, Dairy-Free, D.TOX, GUT.FIX

- 4 cups vegetables of choice – Cabbage, Brussels sprouts, green beans, asparagus, etc...
- Coarse kosher salt and freshly ground black pepper
- 8 slices thick bacon

1. Heat the oven to 450°F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper. (If using cabbage, cut into quarters and remove the stem core. Cut each quarter in half again so you end up with eight wedges).
2. Cut each slice of bacon into small 1" strips and lay on top of the vegetables.
3. Roast for about 30 minutes, or until done, flipping once halfway through. Enjoy!



ONE-PAN LEMON CHICKEN & VEGGIES

4 Servings | **Prep time:** 15 minutes | **Cook time:** 35-35 minutes

Calories: 255 | **Protein:** 30 | **Fat:** 6 | **Carbs:** 23

Gluten-Free, Dairy-Free, D.TOX

- 1 lbs. chicken
- 2 Tbsp. olive oil
- 2 lemons
- 4 cups broccoli
- 8 large carrots, halved
- 1 Tbsp. minced garlic
- 1 Tbsp. Italian seasoning
- Salt and freshly ground black pepper, to taste

1. Preheat oven to 375°.
2. Grease sheet pan with 2 Tbsp. olive oil. Place chicken breasts next to each other on 1/3 of the pan. On the other 2/3's, add chopped broccoli and carrots halved length-wise.
3. Using one lemon, cut in half and squeeze over chicken breasts. Cut the other lemon in thin slices (about 1/2 cm) and distribute evenly over the chicken and veggies
4. Top chicken and veggies with minced garlic, and sprinkle Italian seasoning, salt and pepper over the entire sheet pan.
5. Bake until thoroughly cooked, or about 30-35 minutes. Remove from oven and enjoy!



SLOW COOKER THAI CHICKEN

8 Servings | **Prep time:** 10 minutes | **Cook time:** 4-8 hours

Calories: 400 | **Protein:** 35 | **Fat:** 24 | **Carbs:** 12

Gluten-Free, Dairy-Free

- 2 lbs. chicken breasts
- 3/4 cup canned full-fat coconut milk
- 1/2 cup chunky peanut butter
- 2 Tbsp. garlic, minced
- 2 Tbsp. honey
- 2 Tbsp. coconut aminos (or gluten-free soy sauce)
- 2 Tbsp. lime juice
- 1.5 Tbsp. sesame oil
- 1 tsp. crushed red pepper flakes (more or less, to taste)
- 4 Tbsp. chopped peanuts
- Fresh cilantro, chopped

1. Place chicken breasts in the bottom of a slow cooker in an even layer.
2. In a small mixing bowl, add coconut milk, peanut butter, garlic, coconut aminos, lime juice, sesame oil and red pepper flakes and mix until combined. (It may help to soften the peanut butter).
3. Pour mixture over the chicken in the slow cooker. Cook on low for 6-8 hours, or on high for 3-4 hours.
4. Once cooked, remove chicken and shred, then return back to the crock pot and stir until chicken is evenly coated in the peanut sauce.
5. Top with peanuts and cilantro, and serve alone or with a side of rice or rice noodles.

ORANGE CHICKEN WITH CAULIFLOWER STIR FRY RICE

8 Servings | **Prep time:** 10 minutes | **Cook time:** 25 minutes

Calories: 215 | **Protein:** 28 | **Fat:** 15 | **Carbs:** 3

Gluten-Free, Dairy-Free, D.TOX



Chicken:

- 2 lbs. chicken breast
- 2 Tbsp. tomato paste
- 2 Tbsp. coconut oil
- 1 orange, medium
- 1/3 cup gluten-free soy sauce or coconut aminos
- 2 Tbsp. honey
- 1/4 tsp. red pepper flakes
- 1 tsp. garlic powder
- Salt and pepper, to taste

Cauliflower Stir Fry Rice:

- 4 cups riced cauliflower (or 1 bag)
- 4 cups stir fry vegetables (broccoli, bell peppers, carrots, snap peas, etc.)

1. Cut the chicken into bite size pieces (about 1 inch). Season with desired salt and pepper.
2. In a large skillet, add chicken with 1 tbsp. of coconut oil and cook on medium heat. Cook for 5-7 minutes until mostly cooked through.
3. In a small bowl, combine orange juice, soy sauce, tomato paste, honey, red pepper and garlic. Stir until evenly mixed.
4. Pour sauce over chicken and stir to evenly coat. Cook chicken for additional 5-10 minutes or until chicken is fully cooked through (165 temperature).
5. In another pan, melt 1 Tbsp. and add stir fry vegetables. Sauté until mostly cooked through, about 7 minutes. Then add cauliflower and sauté until fully cooked, about 5 mins.
6. Serve the orange chicken over 1-2 cups cauliflower stir fry and enjoy!



HONEY GLAZED SALMON

4 Servings | **Prep time:** 10 minutes | **Cook time:** 40-45 minutes

Calories: 330 | **Protein:** 27 | **Fat:** 11 | **Carbs:** 33

Gluten-Free

- 1 lb. skin-on salmon fillet
 - 2 lemons
 - 1 bunch of asparagus
 - 8-12 large carrots
 - 3 Tbsp. unsalted butter, melted
 - 2 Tbsp. honey
 - 1 Tbsp. oregano
 - Salt and pepper, to taste
1. Preheat oven to 375°.
 2. In a small bowl, add butter and honey and microwave for about 30 seconds, until melted. Mix thoroughly.
 3. Grease sheet pan with 2 Tbsp. olive oil. Place carrots 1/3 of the pan and top lightly with 1 Tbsp. of honey butter mixture.
 4. Place baking sheet in the oven for about 25 minutes, until softened.
 5. Remove baking sheet from the oven and add salmon and asparagus, then top with the remainder of the honey butter mixture.
 6. Return to oven and bake for another 15 minutes, until salmon flakes easily. Remove from oven and enjoy!



CHICKEN SAUSAGE BOWL

3 Servings | **Prep time:** 10 minutes | **Cook time:** 35-40 minutes

Calories: 300 | **Protein:** 23 | **Fat:** 15 | **Carbs:** 21

Gluten-Free, Dairy-Free

- 1 package chicken sausage (12 oz.)
 - 1 large yellow zucchini
 - 2 medium-large bell peppers, chopped
 - 1 medium sweet potato, cubed
 - 1 Tbsp. oregano
 - 1 Tbsp. olive oil
 - Salt and pepper, to taste
1. Preheat oven to 375°.
 2. Chop the bell peppers, zucchini, potatoes and sausage. Add to a mixing bowl and toss in olive oil, oregano and salt & pepper until evenly covered.
 3. Cover a baking sheet with parchment paper, and add sausage mixture. Distribute evenly across the baking sheet.
 4. Bake for 35-40 min, or until thoroughly cooked. Remove from oven and enjoy!



WHITE CHICKEN CHILI

10 ServingS | Prep time: 15 minutes | Cook time: 6-8 hours

Calories: 245 | Protein: 28 | Fat: 3 | Carbs: 24

Gluten-Free, Dairy-Free, D.TOX

- 4 cups chicken stock (no added salt)
 - 3 cups carrots, chopped
 - 2 lbs. chicken breast
 - 2 15 oz. cans Great Northern beans, drained
 - 16 oz. salsa verde
 - ½ onion, diced
 - ½ Tbsp. garlic powder
1. Place chicken stock, chicken, carrots, salsa, onion, and garlic powder in a large slow cooker and stir to combine. Cook on low for 6-8 hours, or high for 3-4 hours.
 2. About 30 minutes before removing from the slow cooker, add both cans of beans. Remove chicken from mixture, shred with two forks, and then return to slow cooker.
 3. Allow to cook for 30 minutes, then season with additional salt and pepper as needed.



BLT SALAD

4 Servings | **Prep time:** 10 minutes | **Cook time:** 25-30 minutes

Calories: 355 | **Protein:** 33 | **Fat:** 23 | **Carbs:** 5

Gluten-Free

- 1 lb. chicken, diced
 - 8 strips of bacon
 - 8-10 cups lettuce, chopped
 - 3-4 roma tomatoes, diced
 - 2 Tbsp. ranch dressing (gluten-free)
 - Salt and pepper, to taste
1. Preheat oven to 400.
 2. Line a baking sheet with parchment paper, and lay bacon strips evenly across the sheet.
 3. Cook for 12-18 minutes, until cooked to your desired level. Remove from oven and set aside.
 4. In a medium pan, saute diced chicken over medium heat until cooked through.
 5. When bacon is cool, crumble into small pieces.
 6. Chop lettuce leaves into long strips and add to a bowl. Top with chicken, bacon, tomatoes and ranch dressing.



TACO BOWL

4 Servings | **Prep time:** 5 minutes | **Cook time:** 10 minutes

Calories: 400 | **Protein:** 28 | **Fat:** 16 | **Carbs:** 36

Gluten-Free, Dairy-Free, D.TOX

- 1 lb. ground turkey
 - 2 Tbsp. taco seasoning
 - 6 cups chopped lettuce
 - 1 cup salsa (no added sugar)
 - 1 avocado
1. In a medium pan, sauté ground turkey over medium heat until cooked through, about 7-8 minutes. Add taco seasoning and mix well.
 2. Chop lettuce leaves into long strips and add to a bowl. Top with ground turkey, salsa and avocado and enjoy!

SOUTHWEST CHILI

4 Servings | **Prep time:** 10 minutes | **Cook time:** 20-25 minutes

Calories: 400 | **Protein:** 29 | **Fat:** 11 | **Carbs:** 30

Gluten-Free, Dairy-Free



- 1 15 oz. can tomato sauce
 - 1 15 oz. can diced tomatoes
 - 1/2 15 oz. can kidney beans
 - 1 can sweet corn
 - 1 lb. ground turkey
 - ½ yellow onion, chopped
 - 2 cloves garlic, chopped
 - 1-2 jalapenos
 - 2 Tbsp. chili powder
 - ½ tsp. cumin
 - 1 Tbsp. oregano
 - Pinch of cayenne, optional
1. In large pot, brown ground turkey and chopped garlic over medium heat until meat is cooked thoroughly.
 2. Add onion, corn, jalapenos and seasonings to skillet and cook over medium-high heat about 5-6 minutes.
 3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.

ZUCCHINI, CORN, AND CHICKEN CHOWDER

6 Servings | **Prep time:** 10 minutes | **Cook time:** 30-35 minutes

Calories: 425 | **Protein:** 30 | **Fat:** 22 | **Carbs:** 35

Gluten-Free



- 1 1/2 lb. chicken breasts
- 1 medium potato
- 1 can sweet corn
- 2 medium zucchini, diced
- 1/2 yellow onion, diced
- 2 medium carrots, diced
- 2 garlic cloves, minced
- 1/2 tsp. dried thyme
- 3 cups water
- 1 bay leaf
- 1 can (12 oz.) full-fat coconut milk
- 1 Tbsp. coconut oil
- Salt and pepper to taste
- Pinch of cayenne, optional

1. In a medium sauce pan, sauté chicken breasts until cooked through. Set aside to cool.
2. In a large pot, add onion, corn, carrots, garlic, and 1/2 Tbsp. of coconut oil and salt, pepper and thyme. Cook until vegetables soften, about 5 minutes.
3. Add potatoes, zucchini, water, coconut milk and bay leaf. Raise the heat until the mixture begins to simmer, lower heat and simmer for 20 minutes.
4. Remove the bay leaf from the mixture. Then separate about 2 cups of the mixture and place in a food processor. Puree until smooth, then return to the pot.
5. Grab the chicken breasts and shred, either by hand or two forks. Add chicken to the pot and stir, so the chowder is will mixed.
6. Let cool, and enjoy!



OVEN ROASTED PORK CHOPS AND VEGGIES

3 Servings | **Prep time:** 10 minutes | **Cook time:** 35-40 minutes

Calories: 400 | **Protein:** 28 | **Fat:** 16 | **Carbs:** 36

Gluten-Free, Dairy-Free, D.TOX

- 3 boneless center pork chops
- 2 cups diced potatoes
- 1 large yellow zucchini
- 1 small bunch asparagus
- 1 Tbsp. olive oil
- 1 Tbsp. oregano
- Salt and pepper, to taste

1. Preheat oven to 375°.
2. Grease sheet pan with olive oil. Place pork chops in the center of the pan and rub each side with coarse salt.
3. Slice and half zucchini into half moon shapes, and add to the pan. Cut asparagus into 1-2" strips, and add to pan as well, along with diced potatoes.
4. Bake in the oven for about 35-40 min. For the last 5 min, set to low broil, watching closely to ensure it doesn't burn.
5. Remove from oven and enjoy!



TZATZIKI CHICKEN BOWL

6 Servings | **Prep time:** 10 minutes | **Cook time:** 5 minutes

Calories: 300 | **Protein:** 35 | **Fat:** 13 | **Carbs:** 13

Gluten-Free, Dairy-Free, D.TOX

- 1 lb. chicken
 - 1/2 cup plain Greek yogurt
 - 1 medium cucumber, chopped
 - 2 cups cherry tomatoes, halved
 - 1/2 red onion, finely chopped
 - Juice of 1 lemon
 - 6 oz. feta cheese, crumbled
 - 1/2 cup kalamata olives, chopped
 - 3 cloves garlic, minced
 - 2 Tbsp. fresh dill, chopped
 - 2 Tbsp. parsley, chopped
 - Salt and pepper, to taste
1. Add all ingredients to a bowl and stir until thoroughly mixed. Serve over mixed greens, rice or in a gluten-free pita.

BUFFALO CHICKEN MEATBALLS

Makes 4 Servings | Prep time: 10 minutes | Cook time: 15 min

Calories: 185 | Protein: 26 | Fat: 8 | Carbs: 3

Gluten-Free, Dairy-Free, D.TOX



- 1 pound ground chicken or turkey
- 1/2 cup almond flour
- 1/4 cup hot sauce
- 1 egg
- 2 Tbsp. ranch seasoning
- Pinch of salt
-

Ranch Seasoning

- 2 Tbsp. dried parsley
- 2 tsp. dried dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. black pepper
- 1/2 tsp. dried chives

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a large mixing bowl, add all ingredients and combine with your hands until well mixed.
3. Form mixture into 12 evenly sized meatballs and place on the prepared baking sheet.
4. Bake for 15-20 minutes, until cooked throughout.
5. Remove from the oven and top with additional hot sauce as preferred. Serve with a side of carrots and celery.



SLOW COOKER THAI CHICKEN SOUP

4 Servings | Prep time: 15 minutes | Cook time: 6-8 hours

Calories: 405 | Protein: 33 | Fat: 16 | Carbs: 28

Gluten-Free, Dairy-Free, D.TOX

- 2 medium carrots, chopped
 - 1 red bell pepper, chopped
 - 2 zucchinis (or 1 container of zoodles)
 - 1 Tbsp. ground ginger
 - 4 garlic cloves, minced
 - 2 Tbsp. red curry paste
 - 3 Tbsp. coconut aminos
 - 2 cups no-added-salt chicken stock
 - 1 lbs. chicken breasts
 - 1 12 oz. cans coconut milk
 - 1 cup peas
 - Juice of 1 lime
1. In a medium slow cooker, add all ingredients except the coconut milk, peas, zucchini and lime and cook on medium for 6-8 hours.
 2. Once complete, remove the chicken and shred with two forks.
 3. Return the chicken to the crock pot and add the coconut milk and peas. Cook for an additional 30 minutes on low.
 4. Add zucchini noodles and lime juice, and enjoy!



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CHICKEN TACO LETTUCE WRAPS

4 Servings | **Prep time:** 15 minutes | **Cook time:** 15 minutes

Calories: 430 | **Protein:** 35 | **Fat:** 24 | **Carbs:** 28

Gluten-Free, Dairy-Free

- 1 lb. chicken breast, cut into 1" cubes
 - 3 Tbsp. reduced sodium taco seasoning
 - 2 Tbsp. coconut oil
 - 1 head butter lettuce
 - 1 medium tomato, diced
 - ½ onion
 - ¼ cup corn
 - ¼ cup cilantro, finely minced
 - ½ cup black beans
 - 1-2 avocados
 - ½ cup salsa (No added sugar)
 - 1 lime
1. Heat oil over a medium skillet. Place cubed chicken into a bowl and add taco seasoning, mixing so chicken is evenly coated. Add chicken to the skillet and cook until thoroughly cooked, about 7-8 minutes, flipping throughout to ensure even heat. Put chicken aside.
 2. Peel the leaves of the butter lettuce from the core and stack them on a plate.
 3. In a bowl, mix tomato, onion, corn, cilantro, black beans, salsa and lime. Based on your preference, you can mix in the avocado here, or keep it as a separate topping.
 4. Select 2 leaves of lettuce (for stability) and place chicken topped with salsa mix and avocado on top. Enjoy!



BURGER WITH CARAMELIZED ONION

4 Servings | **Prep time:** 5 minutes | **Cook time:** 15 minutes

Calories: 300 | **Protein:** 24 | **Fat:** 24 | **Carbs:** 14

Gluten-Free, Dairy-Free, D.TOX

- 1 lb. lean ground beef (93% lean)
 - 1 tsp of garlic powder
 - 2 Tbsp. coconut oil
 - 1 onion, thinly sliced
 - 2 Tbsp. balsamic vinegar
 - 1 beef steak tomato, sliced into 5 thick slices
 - Salt and pepper, to taste
 - 2 avocados, to taste
1. Heat medium skillet to medium high heat and add 1 Tbsp. coconut oil. Add thinly sliced onions and sauté until lightly caramelized, stirring occasionally.
 2. Add balsamic vinegar and sauté for another 5 minutes, stirring occasionally. Set aside.
 3. Form 4 burgers with the lean ground beef, lightly seasoning both sides with salt, pepper, and garlic powder.
 4. Heat a large skillet to medium-high heat. Add in 1 Tbsp. coconut oil. Place the burgers in the skillet and sauté each side for 3-5 minutes, until burgers have reached desired doneness. Remove from skillet and let sit for 1 minute.
 5. Assemble burgers – Place 1 large slice of beef steak tomato on a plate, then the burger, then 2 tablespoons of the balsamic caramelized onions, and top with sliced avocado.



LEMON ROASTED SALMON

4 Servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

Calories: 140 | **Protein:** 21 | **Fat:** 5 | **Carbs:** 3

Gluten-Free, Dairy-Free

- 4 salmon fillets, skin removed
 - 2 Tbsp. melted unsalted butter
 - 2 Tbsp. chopped parsley
 - 2 Tbsp. chopped rosemary
 - 2 cloves minced garlic
 - 2 Tbsp. lemon juice
 - ¼ tsp. red pepper flakes
 - Salt and pepper, to taste
1. Preheat oven to 400°F. Line baking sheet with aluminum foil.
 2. Brush melted butter on fillets and place on baking sheet.
 3. In a small bowl, mix remaining ingredients together, and then spread over fillets.
 4. Bake for 15 minutes or until salmon is just cooked through. Should flake easily with fork



LASAGNA STUFFED ACORN SQUASH

4 Servings | **Prep time:** 10 minutes | **Cook time:** 45 minutes

Calories: 445 | **Protein:** 35 | **Fat:** 19 | **Carbs:** 38

Gluten-Free

- 2 acorn squash, halved and seeded
 - 2 Tbsp. coconut oil
 - ½ onion
 - 1 lb. lean ground beef
 - 1 (28 oz.) can crushed tomatoes
 - 2 cups spinach, chopped
 - 1 zucchini, chopped
 - ½ cup ricotta cheese
 - ½ cup mozzarella or parmesan cheese
 - Salt and pepper, to taste
1. Preheat oven to 400°
 2. Grease a baking sheet with coconut oil and sprinkle with salt and pepper. Place squash face down and bake about 20-25 minutes, until easily pierced with a fork.
 3. While the squash is in the oven, heat 1 Tbsp. coconut oil on a pan over medium heat and sauté onion, ground beef, zucchini, and spinach for 7-8 minutes.
 4. Remove excess grease, then add the crushed tomatoes and simmer on low for 10 minutes.
 5. When squash is done, flip the squash over and evenly distribute ricotta cheese in the bottom of each half. Then add the beef mixture over the top, and sprinkle with the mozzarella or parmesan.
 6. Return the halves to the oven and bake for another 10 minutes, until cheese is melted and browned.

LEMON GARLIC HERB CHICKEN

8 Servings | **Prep time:** 5 minutes | **Cook time:** 40 minutes

Calories: 125 | **Protein:** 22 | **Fat:** 3 | **Carbs:** 2

Gluten-Free, Dairy-Free, D.TOX



- 2 lbs. chicken breasts (or thighs)
- 1 lemon
- 3 garlic cloves
- 2 Tbsp. fresh thyme leaves
- Salt and pepper to taste

1. Preheat oven to 375°
2. Slice lemons in half and juice them—adding juice to a large bowl; toss in the lemon rinds when juiced.
3. Add garlic, thyme, salt & pepper to the bowl and stir.
4. Grease large baking dish, and place chicken in it and pour lemon mixture to coat.
5. Bake for 30-40 minutes, basting 2-3 times or as needed.



SPINACH, WALNUT AND PEAR SALAD

5 Servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

Calories: 255 | **Protein:** 6 | **Fat:** 17 | **Carbs:** 23

Gluten-Free, Vegetarian

- wo 6 oz. bag of baby spinach
 - 2 pears (Bosc or Anjou, preferred)
 - ½ small red onion
 - ¾ cup goat cheese
 - ½ cup walnuts
 - 1/8 cup olive oil
 - 1/8 cup white wine vinegar
 - 1 Tbsp. Dijon mustard
1. Preheat oven to 350° Spread walnuts in a single layer on a baking sheet and roast for 5-10 minutes, tossing occasionally. Nuts are done when slightly darker color and fragrant.
 2. Chop ½ of one of the pears and place into a blender along with the vinegar, oil, mustard, and honey and puree.
 3. Slice onion and pears into thin slices.
 4. Combine spinach, goat cheese, onion and pears in a large bowl and toss with dressing to evenly coat.
 5. Serve immediately.



SPAGHETTI SQUASH BOLOGNESE

4 Servings | **Prep time:** 10 minutes | **Cook time:** 40 minutes

Calories: 305 | **Protein:** 28 | **Fat:** 12 | **Carbs:** 24

Gluten-Free, Dairy-Free, D.TOX

- 2 spaghetti squashes
- 1 lb. ground beef or turkey
- ½ onion, diced
- 1 Tbsp. coconut oil
- 1 cup mushrooms, sliced
- 1 zucchini, diced
- 1 red bell pepper, chopped
- 1 (28 oz.) can crushed tomatoes
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh oregano
- ¼ cup chopped fresh parsley

1. Preheat oven to 400° F and pour water into a baking dish (or two).
2. Cut spaghetti squash in half lengthwise and scoop out seeds. Place squash halves with cut sides down in baking dish and roast for 40 minutes.
3. While squash is in the oven, sauté ground beef and onions in a skillet over medium-high heat until the beef is cooked. Set aside.
4. Heat oil in a skillet over medium heat. Add the mushrooms, zucchini, bell pepper, crushed tomatoes, basil, oregano and parsley. Simmer over medium heat for about 10 minutes, or until vegetables are cooked.
5. Add the ground beef and onions and simmer on low heat, stirring occasionally.
6. When the spaghetti squash is finished, scrape the inside halves with a fork – it should fall apart into spaghetti like strands. Top with meat sauce and enjoy!



OVEN ROASTED SAUSAGE, SWEET POTATO & GRAPES

4 Servings | **Prep time:** 5 minutes | **Cook time:** 30-35 minutes

Calories: 315 | **Protein:** 25 | **Fat:** 12 | **Carbs:** 31

Gluten-Free, Vegetarian

- 1 lb. spicy Italian sausage, cut into 1" cubes
 - 3 sweet potatoes, peeled, cut into 1" cubes
 - ½ bag (8 oz.) red seedless grapes
 - 5 Tbsp. balsamic vinegar
 - Salt & pepper to taste
1. Preheat oven to 400° Line 2 baking sheets with foil and grease with coconut oil or ghee (or just 1 baking sheet and make 2 batches).
 2. In a large bowl, combine Italian sausage, sweet potatoes, and grapes and mix in about 2.5-3 Tablespoons of the balsamic vinaigrette. Stir ingredients and gradually add more balsamic vinaigrette as needed until mixture is well coated (avoid over-coating with excess vinaigrette).
 3. Pour half of the ingredients on to the pan— enough so that it is an even layer, and the remainder on the 2nd pan (or make as a second batch). Bake for 15 minutes, stir mixture, and bake for another 15-20 minutes or until sweet potatoes can be easily pierced with a fork.



STEAK & PINEAPPLE KEBABS

8 Servings | **Prep time:** 40 minutes | **Cook time:** 15 minutes

Calories: 290 | **Protein:** 23 | **Fat:** 14 | **Carbs:** 17

Gluten-Free, Vegetarian

- 2 lbs. steak
- 1 lb. bacon
- ¼ cup mustard (yellow or Dijon)
- 2 Tbsp. coconut aminos (or soy sauce)
- 1 Tbsp. paprika
- 1 tsp. salt
- 1 tsp. pepper
- 1 red onion
- 3 bell peppers
- 3 cups pineapple
- 16 6-inch bamboo skewers, soaked in water for 30 minutes

1. In a small bowl, add mustard, coconut aminos, paprika, salt and peppers and whisk together.
2. Cut steak into 1.5 inch cubes. Add steak to marinade bowl and toss to cover. Let marinate for 30 minutes.
3. While you wait for the steak to marinate, soak bamboo skewers in water to prevent the tips from burning on the grill. Cut the bacon, onion, pineapple, and bell peppers into 1 inch slices.
4. Once steak has marinated and all of the vegetables are cut, thread it onto the skewers, alternating between each of the vegetables, the bacon, and the pineapple.
5. Lightly sprinkle additional paprika over each skewer and transfer to the grill. Grill over medium heat, turning often until the meat is well browned and the vegetables are tender, about 12 to 15 minutes.



CHEESY ZUCCHINI LASAGNA

6 Servings | **Prep time:** 15 minutes | **Cook time:** 40 minutes

Calories: 320 | **Protein:** 29 | **Fat:** 17 | **Carbs:** 18

Gluten-Free

- 5 medium zucchini, sliced lengthwise (about 15-20 slices total)
 - 1 lb. ground beef
 - 1 Tbsp. coconut oil
 - Zest and juice from one lemon
 - 2 (14.5 oz.) cans of crushed tomatoes
 - 2 cloves minced garlic
 - 1 small yellow onion, chopped
 - 2 Tbsp. chopped basil
 - Salt and pepper, to taste
 - 1 ½ cup grated Parmesan cheese
 - 3 large eggs, lightly beaten
1. Preheat oven to 400°F.
 2. In a large pan, add ground beef and onions and brown for 5-6 minutes.
 3. Once beef is mostly cooked, add garlic, lemon juice, salt and pepper, tomatoes, and basil and simmer for about 10 minutes.
 4. Grease a 9×13-inch baking dish with coconut oil, and cover with the bottom with a single layer of zucchini slices.
 5. Cover zucchini layer with eggs, cheese, and beef sauce, in that order. (Be mindful & conservative to save enough beef sauce, cheese, and eggs for more layers!).
 6. Repeat (zucchini, eggs, cheese, beef sauce) to make 3 layers total—ending with uniform layer of zucchini & cheese.
 7. Bake in oven for 40 minutes until the cheese is beginning to brown.
 8. Remove from oven and let sit for about 15 minutes before cutting and serving.

LEMON BASIL SHRIMP

8 Servings | **Prep time:** 30-90 minutes | **Cook time:** 7 minutes

Calories: 255 | **Protein:** 28 | **Fat:** 8 | **Carbs:** 18

Gluten-Free, Dairy-Free, D.TOX



- 2 lbs. uncooked shrimp, peeled and deveined
 - 3 cloves of garlic, minced
 - 2 Tbsp. fresh basil, chopped
 - 2 Tbsp. fresh parsley, chopped
 - 1 Tbsp. mustard (Dijon or mustard)
 - 2 Tbsp. olive oil
 - 2 lemons, juiced
 - Salt and pepper, to taste
1. In a medium bowl, mix garlic, basil, parsley, lemon juice, mustard, olive oil and combine well. Add shrimp and toss. Let marinate for 30-90 min.
 2. Preheat oven to 450°
 3. Once shrimp is done marinating, spread evenly on a baking sheet. Roast for 5-7 minutes, until fully cooked.



LOADED SWEET POTATO NACHOS

4 Servings | **Prep time:** 4 hours | **Cook time:** 6 minutes

Calories: 475 | **Protein:** 36 | **Fat:** 26 | **Carbs:** 25

Gluten-Free

- 1 lbs. chicken breasts
 - 1 cup salsa
 - 1 Tbsp. garlic powder
 - 1 Tbsp. onion powder
 - 1 tsp. salt and pepper
 - ½ cup red onion, diced
 - 1 medium sweet potato
 - 1 Tbsp. olive oil
 - 1 tsp. paprika
 - 1 ½ cup cheddar cheese
 - ½ cup black beans
 - ½ cup corn
 - 1 poblano pepper, diced
 - 1 avocado
 - 1 bunch green onions, diced
1. Place chicken breast in a slow cooker along with salsa, garlic powder, onion powder and salt and pepper. Cook on high for 3-4 hours.
 2. Once chicken is cooked, remove from slow cooker and use two forks to shred.
 3. Preheat oven to 375°
 4. Using a mandolin slicer (or by hand) slice sweet potatoes into thin slices. The thinner, the crispier they will come out. Then toss in olive oil and paprika
 5. Line a baking sheet (or two) with aluminum foil and set a baking rack on top. Layer sweet potato slices onto the rack, making sure not to overlap them.
 6. Bake for 25-30 minutes, or until crispy.
 7. Increase oven temperature to 400°
 8. If you used two baking sheets, condense all sweet potato slices onto one sheet. Top with chicken, black beans, corn, pepper, red onion, and green onions. Sprinkle everything evenly with cheese.
 9. Bake for 5-6 minutes, until cheese is melted. Top with diced avocado and enjoy!



CRAN-APPLE TURKEY MEATBALLS

4 Servings | Prep time: 10 minutes | Cook time: 12-14 minutes

Calories: 165 | Protein: 22 | Fat: 7 | Carbs: 6

Gluten-Free, Dairy-Free, D.TOX

- 1 lb. 93% lean ground turkey
 - ½ tart apple, shredded
 - ¼ cup unsweetened dried cranberries
 - 2 cups spinach, finely chopped
 - ½ yellow onion, finely chopped
 - 1 Tbsp. garlic powder
 - 1 Tbsp. fresh sage
 - Salt and pepper, to taste
1. Preheat oven to 425°
 2. In a large mixing bowl, combine the turkey, spinach, apple, and seasonings until fully mixed.
 3. Roll the mixture into 12 balls. Place balls in a muffin tin, with one ball per opening. Bake for 12-14 minutes, until thoroughly cooked.



AUTUMN HARVEST BOWL

8 Servings | Prep time: 25 minutes | Cook time: 45 minutes

Calories: 400 | Protein: 28 | Fat: 22 | Carbs: 27

Gluten-Free, Dairy-Free, D.TOX

Harvest Bowl

- 2 lbs. shredded turkey breast
- 3 cups brussels sprouts, halved
- 3 cups butternut squash, cubed
- 1 ½ cups wild rice (cooked)
- 2 apples, diced
- 6 Tbsp. walnuts, chopped
- 6 cups mixed greens

Cranberry Vinaigrette

- ¼ cup fresh or frozen cranberries
- ¼ cup balsamic vinegar
- 1 Tbsp. Dijon mustard
- ½ cup olive oil

1. Preheat oven to 400°F
2. Place brussels sprouts and cubed butternut squash on an oiled pan and sprinkle with salt and pepper. Roast for 30-40 minutes.
3. While the vegetables are roasting, add 4 cups of water, rice, and a pinch of salt to a saucepan and bring to a boil. After water has reached a boil, bring water to a simmer and cook for 35-45 minutes, until soft. (Wild rice takes much longer to cook).
4. When the vegetables have been in the oven for about 20-25 minutes, heat 1 tbsp. coconut oil over medium heat and sauté turkey breast until thoroughly cooked, about 7-9 minutes. Then shred with two forks and set to the side.
5. When vegetables are finished, remove from oven. On a small baking sheet, add chopped walnuts and toast for 5 minutes.
6. In a small mixing bowl, add vinaigrette ingredients until thoroughly blended.
7. Place all ingredients in a large mixing bowl and toss until thoroughly mixed and well coated with vinaigrette dressing.



HOMESTYLE MEATLOAF MUFFINS

8 Servings | **Prep time:** 15 minutes | **Cook time:** 25 minutes

Calories: 300 | **Protein:** 25 | **Fat:** 12 | **Carbs:** 25

Gluten-Free, Dairy-Free

For the loaf:

- 1 lb. ground beef
- 1 tsp. coconut oil
- 1/2 small onion, minced
- 1 green bell pepper, diced
- 1 cup carrot, shredded
- 2 garlic cloves, minced
- ¼ cup barbecue sauce
- 2 Tbsp. Italian seasoning

For the sauce:

- ½ cup ketchup
- 2 Tbsp. mustard

1. Preheat oven to 350°F. and spray a muffin tin.
2. Place ground beef in a medium bowl and set aside.
3. Melt 1 tsp. coconut oil in a small skillet over medium heat. Add onions, bell pepper, carrots and garlic and sauté, stirring occasionally, until the onion starts to soften and the garlic is fragrant.
4. Add mixture to ground beef. Add barbecue sauce, sea salt, pepper and dried thyme. Using your hands or a spoon, mix well to combine.
5. Divide meat mixture evenly among 8 wells of a muffin pan.
6. Bake in preheated oven for 20-25 minutes or until meat is no longer pink in the center.
7. Drizzle with ketchup and mustard sauce, and enjoy!



CREAMY CHICKEN & PUMPKIN ZOODLES

3 Servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

Calories: 270 | **Protein:** 24 | **Fat:** 18.5 | **Carbs:** 5

Gluten-Free

- 1 lb chicken, diced
- 2 medium zucchini, spiralized
- 3 Tbsp. coconut oil, divided
- 2 Tbsp. onion, finely minced
- 1 cup pumpkin puree
- 1 tsp. vanilla extract
- ¼ cup grated parmesan (plus more for topping)
- ½ cup full fat coconut milk
- ¾ tsp. salt
- 1/2 tsp. ground pepper

1. In a medium saucepan, heat 2 tbsp. oil over medium heat. Add onion and cook, stirring frequently, until it becomes translucent, 2 to 4 minutes.
2. Add diced chicken and sauté until full cooked, about 5-7 minutes.
3. Stir in pumpkin puree, vanilla and grated parmesan until well combined and smooth. Remove from heat and stir in coconut milk until well combined. Season with additional salt and pepper, if desired.
4. In a large sauté pan, heat remaining oil over medium heat until just hot. Stir in spiralized zucchini and cook, tossing frequently, until just tender.
5. Divide zucchini noodles among for plates. Top with pumpkin sauce, shredded parmesan, salt and pepper, and enjoy!



PORK TENDERLOIN WITH APPLES & MUSHROOMS

10 Servings | **Prep time:** 15 minutes | **Cook time:** 2 hours

Calories: 190 | **Protein:** 29 | **Fat:** 7 | **Carbs:** 8

Gluten-Free

- 1 tsp. dried thyme
- 1 boneless pork loin roast (3 pounds)
- 3 small tart apples, diced
- 12 oz. fresh mushrooms, diced
- 2 Tbsp. butter
- Fresh thyme sprigs, optional
- Salt and pepper, to taste

1. Sprinkle thyme and pepper over roast and press into the meat. Place in a greased 13×9-in. baking dish.
2. Bake, uncovered, at 450° for 20 minutes. Reduce heat to 325°; bake 60-80 minutes longer or until a thermometer reads 160°-170°.
3. Fifteen minutes before roast is done, sauté apples in butter in a skillet until tender. Remove with a slotted spoon; cover and keep warm. Sauté mushrooms in the same skillet until tender; set aside.
4. Remove roast from oven; sprinkle with 1/8 teaspoon salt. Transfer to a serving platter; cover and keep warm.



BUTTERNUT SQUASH SOUP WITH CHICKEN SAUSAGE

4 Servings | **Prep time:** 10 minutes | **Cook time:** 45 minutes

Calories: 510 | **Protein:** 29 | **Fat:** 28 | **Carbs:** 34

Dairy-Free

- 1 lb. cooked chicken-apple sausage, cut into 1/2-inch pieces
- 4 cups cubed peeled butternut squash (1 small to medium squash)
- 3 medium carrots, chopped
- 1 stalk celery, chopped
- ½ medium onion, chopped
- 2 ½ cups low-sodium chicken broth
- 1 Tbsp. coconut oil
- Kosher salt and freshly ground pepper
- ½ cup fresh sage or parsley leaves

1. Preheat oven to 400° F.
2. Toss diced squash and carrots with olive oil and place on a baking sheet. Bake until tender, or about 30 minutes.
3. While the squash is cooling, heat coconut oil in a large pot over medium-high heat. Add the sausage and cook, stirring occasionally, until browned – about 4 minutes. Remove from pan.
4. Place squash, carrots, celery, onion, sage, chicken broth, 2 ½ cups water and pinch of salt to the pot. Cover and bring to a simmer, then reduce the heat to low and continue simmering until the vegetables are tender, about 15 more minutes.
5. Puree the soup in a blender in batches, then return to the pot and add the sausage. Top with sage, salt and pepper, and enjoy!



CHICKEN KEBABS WITH BLUEBERRY BBQ SAUCE

4 Servings | **Prep time:** 10 minutes | **Cook time:** 45 minutes

Calories: 215 | **Protein:** 24 | **Fat:** 4 | **Carbs:** 24

Gluten-Free, Dairy-Free

Blueberry BBQ Sauce:

- 2 cup of blueberries, fresh
- 1 cup of ketchup, low sugar, organic
- 1/2 cup apple cider vinegar
- 1 Tbsp. molasses
- 1 tsp. chili powder
-

Kebab:

- 3 red peppers, cut into ¾ inch
- boneless skinless chicken breasts, diced

1. To make the sauce, put all the ingredients into a sauce pan over medium heat. Stir in ¼ cup of water.
2. Bring the mixture to a boil over high heat, stirring constantly.
3. Reduce heat to low and simmer until sauce is thick (slightly chunky), stirring occasionally.
4. Cool to room temperature. Refrigerate until ready to use.
5. Preheat the grill to medium-high heat. Thread chicken and peppers onto skewers. If using wooden skewers, soak them in water 20 minutes before using.
6. Lightly oil the grill grate. Place the kabobs on the grill, cover, and cook until the chicken is opaque throughout, about 8-12 minutes, turning once or twice during cooking.
7. Transfer to a warmed platter and drizzle blueberry BBQ sauce over skewers before serving.



FISH TACOS WITH MANGO SALSA AND LIME SAUCE

4 Servings | **Prep time:** 10 minutes | **Cook time:** 45 minutes

Calories: 250 | **Protein:** 19 | **Fat:** 8 | **Carbs:** 25

Gluten-Free

Grilled Fish

- 1 pounds halibut or tilapia
- 4 Tbsp. lime juice
- 2 Tbsp. olive oil
- 2 Tbsp. coconut aminos

Manga Salsa

- 1 bell pepper, diced
- 1/2 small red onion, finely diced
- 1 jalapeno pepper, diced
- 2 mangoes, chopped
- 1 handful cilantro, chopped
- 2 cloves garlic, minced
- Juice of 1 lime
- Salt to taste

Lime Sauce

- 1 Tbsp. unsweetened almond milk
- 1/2 cup Greek yogurt
- 2 tablespoons fresh lime juice
- 1 chipotle chile in adobo sauce, finely chopped
- 1 garlic clove, finely chopped or pressed
- Salt to taste

1. Combine the fresh lime juice with the vegetable oil and soy sauce in a rectangular baking dish (not metal). Add the fish, turn to coat, and set aside to marinate for at least 15 minutes.
2. For lime sauce, in a small bowl, combine the mayonnaise, yogurt, lime juice, chipotle, and garlic. Season to taste with salt.
3. For salsa, toss together peppers, onion, mango, cilantro, garlic, and lime juice in a bowl; season to taste with salt.
4. Remove fish from the marinade and grill or sauté over medium-heat until cooked through and browned. Let cool slightly then flake into bite-size chunks.
5. To assemble, place a bit of fish on a warm gluten-free corn tortilla or lettuce wrap (depending on preferred carb count), drizzle with the chipotle-lime sauce, and top with mango salsa.

**Nutrition stats do not include lettuce wrap or gluten-free corn tortilla.*

A top-down view of a light blue baking sheet covered with numerous small, round, golden-brown roasted chickpeas. The chickpeas are scattered across the surface, with some showing slight charring. A white rectangular box is centered over the middle of the sheet, containing the text "SIDES & SNACKS" in bold, black, sans-serif font.

**SIDES &
SNACKS**

SIDES & SNACKS

90	CHOCOLATE PROTEIN BARS	100	GARLIC MASHED FAUX- TOATOES
91	ALMOND BUTTER BANANA BLENDER MUFFINS	101	DRY RUB CHICKEN WINGS
92	FIVE MINUTE GUACAMOLE	102	TUNA BOATS
93	ROASTED CHICKPEAS	103	CHUNKY SUMMER SALAD
94	BAKED KALE CHIPS	104	BAKED BACON
95	RUTABAGA FRIES	105	BACON WRAPPED BRUSSELS SPROUTS
96	HOMEMADE HUMMUS	106	MAPLE-CINNAMON SWEET POTATOES
97	CHEWY SNACK BARS		
98	CINNAMON APPLE CHIPS		
99	BUFFALO CHICKEN DIP		

CHOCOLATE PROTEIN BARS

8 Servings | **Prep time:** 15 minutes | **Cook time:** 5 minutes

Calories: 300 | **Protein:** 17 | **Fat:** 18 | **Carbs:** 24

Vegetarian, Gluten-Free



- ½ cup unsweetened vanilla almond milk
- 1 cup natural chunky almond or peanut butter
- 2-3 Tbsp. honey, plus more to taste (optional)
- 1¼ cup vanilla (or chocolate) whey protein powder
- 2 cups gluten free oats
- (Optional: Melted 80% dark chocolate for drizzle)

1. In a medium pot, combine milk, nut butter, and honey over low heat. Stir just until all ingredients are well combined and warmed through. Add protein powder and oats. Stir to combine well. (If mixture is too thick to stir, slowly add milk.)
2. Grease an 8×8 pan and press mixture evenly into pan. Drizzle with dark chocolate (optional).
3. Allow bars to cool completely before cutting into squares. Wrap in airtight container and store at moderate room temp for up to a week.

*Note: Nutritional information does not include optional chocolate.

ALMOND BUTTER BANANA BLENDER MUFFINS

8 Servings | **Prep time:** 5 minutes | **Cook time:** 10 minutes

Calories: 245 | **Protein:** 9 | **Fat:** 17 | **Carbs:** 16

Gluten-Free, Dairy-Free, Vegetarian

- 1 cup nut butter
- 2 eggs
- 2 ripe bananas
- 1 Tbsp. honey or Stevia (optional)
- ½ tsp. baking soda
- Optional: Dark chocolate chips

1. Preheat oven to 400 degrees and spray/grease muffin pan. Cupcake liners work as well!
2. Place all ingredients except chocolate chips in blender. Pour mixture into muffin pan and sprinkle with a few chocolate chips.
3. Bake for about 9-11 minutes, until edges are brown. Let cool for 10 minutes. Store in an airtight container for up to one week.



FIVE MINUTE GUACAMOLE

2 Servings | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 180 | **Protein:** 3 | **Fat:** 26 | **Carbs:** 16

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX



- 2 avocados
 - 1 Tablespoon lime juice
 - 2 Tablespoons chopped cilantro
 - ¼ cup salsa (no sugar added)
 - Salt & pepper to taste
1. Scoop avocado into large bowl (discard peel and seed), and mash with fork.
 2. Stir in remaining ingredients.
 3. Chill for 30 minutes to blend flavors (optional)



ROASTED CHICKPEAS

3 Servings | **Prep time:** 5 minutes | **Cook time:** 30 minutes

Calories: 185 | **Protein:** 7 | **Fat:** 6 | **Carbs:** 26

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 1 15oz can of chickpeas (garbanzo beans)
 - 1 Tbsp. olive oil
 - Sea salt, to taste
 - 2 tsp. of spice mixture (chili, seasoned salt, garlic salt, etc...)
1. Preheat oven to 400 F.
 2. Drain and rinse chickpeas and pat dry. Toss with oil, sea salt and spices.
 3. Place chickpeas on a cooking sheet and bake for about 30 minutes, until crispy. While baking, shake baking sheet to avoid burning.



BAKED KALE CHIPS

2 Servings | **Prep time:** 5 minutes | **Cook time:** 20-25 minutes

Calories: 120 | **Protein:** 5 | **Fat:** 8 | **Carbs:** 12

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX, GUT.FIX

- 1 Tbsp. coconut oil
 - 1 bunches kale (washed, dried, stems removed)
 - 2 teaspoons dried rosemary
 - 2-4 teaspoons of sea salt (add to taste)
1. Preheat oven to 300°
 2. Melt coconut oil and add to bowl of kale, stirring to coat chips evenly.
 3. Spread kale onto large baking sheet in a single layer, and sprinkle with salt and rosemary.
 4. Bake for 15 minutes, toss, and then continue baking another 5-10 minutes until crispy.



RUTABAGA FRIES

2 Servings | **Prep time:** 10 minutes | **Cook time:** 35 minutes

Calories: 138 | **Protein:** 3 | **Fat:** 7 | **Carbs:** 18

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 1 rutabaga
 - 1 Tbsp. olive oil
 - Salt and pepper, to taste
 - Seasoning of choice (garlic powder, chili powder, paprika, cayenne, etc), to taste
1. Peel rutabaga and cut into the shape of fries.
 2. Toss fries in olive oil, salt, pepper and seasoning.
 3. Place on a baking sheet and bake for 30-35 minutes at 400° F, until crispy. Halfway through, flip fries so both sides get crispy.

HOMEMADE HUMMUS

6 Servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes

Calories: 138 | **Protein:** 3 | **Fat:** 7 | **Carbs:** 18

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX



- One 15oz can chickpeas (garbanzo beans)
 - ¼ cup fresh lemon juice, about 1 large lemon
 - ¼ cup tahini
 - 1 garlic clove, minced
 - 2 Tbsp olive oil
 - Sea salt, to taste
 - ½ tsp ground cumin
 - 2-3 Tbsp water
 - Dash of ground paprika
1. Add tahini and lemon juice to a food processor and process for 1 minute. Then add the olive oil, minced garlic, cumin and the salt and process for 1 minute, scraping the sides halfway through.
 2. Drain liquid from the can of chickpeas and rinse well with water. Add half of the chickpeas to the food processor and process for 1 minute. Add the rest of the chickpeas and process for 1 to 2 minutes or until thick and smooth. If hummus is still too thick, slowly add of water until desired consistency.
 3. Sprinkle with paprika and serve!

CHEWY SNACK BARS

8 Servings | **Prep time:** 10 minutes | **Cook time:** 30+ minutes

Calories: 245 | **Protein:** 5 | **Fat:** 12 | **Carbs:** 27

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 1 cup Medijool dates (pitted)
- 1 cup raw cashews, almonds, or other nut of choice
- 1/3 cup nut-butter of choice (almond, cashew, sunflower butter, etc.)
- 1+ tablespoons water

1. Pulse the nuts in a food processor until they are in small pieces.
2. Add the pitted dates and nut-butter to the food processor, and blend together (scraping sides down as needed).
3. Add water and continue blending. Mixture should stick together and be pliable; add another ½ tablespoon or more of water as needed to get to desired consistency.
4. Grease 8×8 or 9×9 pan, and scrape mixture from food processor into pan.
5. Place in refrigerator for 30 minutes, then cut bars into 8 squares.

Keep refrigerated.





CINNAMON APPLE CHIPS

4 Servings | **Prep time:** 10 minutes | **Cook time:** 2 hours

Calories: 245 | **Protein:** 5 | **Fat:** 12 | **Carbs:** 27

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 2 large apples (Honeycrisp or Fuji are best)
- 1 tsp. cinnamon

1. Preheat oven to 225°
2. Thinly slice apples with a mandolin (or by hand if you don't have one – just make sure slices are the same width as much as possible).
3. Line 1-2 baking sheets with parchment paper, and lay apples down in an even layer. Sprinkle cinnamon evenly over the top.
4. Bake for 1 hour, then flip and bake for another hour, until preferred crispiness is achieved. The longer they bake, the crispier they will be.
5. Remove from oven, let cool, and enjoy! They can be stored in an airtight container for 2-3 days.

BUFFALO CHICKEN DIP

8 Servings | **Prep time:** 5 minutes | **Cook time:** 4 hours

Calories: 160 | **Protein:** 25 | **Fat:** 6 | **Carbs:** 4

Gluten-Free

- 2 lb. chicken
- ½ cup buffalo sauce
- 1 ½ cups plain Greek yogurt

1. Place all ingredients in crock-pot and cook on medium for 3-4 hours.
2. With two forks, shred chicken and mix well. Serve with assorted veggies.





GARLIC MASHED FAUX-TATOES

4 Servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

Calories: 160 | **Protein:** 5 | **Fat:** 13 | **Carbs:** 12

Gluten-Free, Vegetarian

- 1 medium head cauliflower, trimmed and cut into small florets (about 6 to 7 cups)
 - 3 Tbsp. unsalted butter
 - 2 Tbsp. unsweetened almond or coconut milk
 - 1 Tbsp. coconut oil
 - 1 clove of garlic, smashed
 - Salt and pepper, to taste
1. Fill a large pot with water $\frac{3}{4}$ of the way full and add cauliflower. Cook until tender, about 15-20 minutes.
 2. Meanwhile, add coconut oil to a small skillet over medium heat and cook garlic until soft, about 2-3 minutes.
 3. Once the cauliflower is tender, remove water from cauliflower as much as possible. Then put into large bowl and add butter, garlic, milk and salt and pepper.
 4. Use blender or food processor to blend all ingredients until smooth and creamy. Enjoy!



DRY RUB CHICKEN WINGS

8 Servings | **Prep time:** 60 minutes | **Cook time:** 60 hours

Calories: 265 | **Protein:** 21 | **Fat:** 20 | **Carbs:** 0

Gluten-Free, Dairy-Free, D.TOX

- 2 lb. chicken wings
- 1 ½ Tbsp. Old Bay seasoning
- 1 Tbsp. olive oil

1. Place all ingredients in a large, 1 gallon plastic bag and add seasoning and olive oil. Shake until chicken is thoroughly coated. Let sit for at least 1 hour, but the longer the better.
2. Preheat oven to 400 F. Place a wire rack on a large baking sheet and spread chicken wings out on a single layer. You may need 2 baking sheets and wire racks.
3. Bake wings for 30 minutes, then flip and continue to bake for another 25-30, until skin is crispy.

TUNA BOATS

4 Servings | **Prep time:** 15 minutes | **Cook time:** 0 minutes

Calories: 200 | **Protein:** 7 | **Fat:** 20 | **Carbs:** 17

Gluten-Free, Dairy-Free



- 2 large cucumbers
- Juice from ½ lemon
- 2 green onions
- 2 6 oz. cans low-sodium tuna, drained
- ¼ cup Greek yogurt
- ½ cup avocado
- 1 Tbsp. yellow mustard
- 1 tsp. garlic powder
- Salt & pepper, to taste

1. Slice cucumbers length wise and set aside.
2. Place tuna into a bowl and mash until softened. Add onion, Greek yogurt, avocado, lemon juice, mustard, garlic powder, salt and pepper and mix until combined.
3. Scoop out tuna mixture and evenly distribute on cucumber slices. Enjoy!



CHUNKY SUMMER SALAD

12 Servings | **Prep time:** 15 minutes | **Cook time:** 0 minutes

Calories: 305 | **Protein:** 13 | **Fat:** 25 | **Carbs:** 9

Gluten-Free

Salad:

- 1 lb. chicken and apple sausage
- 2 cucumbers, halved and diced
- 2 cups cherry tomatoes
- ½ red onion, sliced thinly
- 1 cup kalamata olives, pitted and halved
- 2 avocados, diced
- ½ cup feta cheese (optional)

Dressing:

- ½ cup extra virgin olive oil
- ½ cup red wine vinegar
- 1 Tbsp. garlic powder
- 1 Tbsp. oregano
- Salt & pepper, to taste

1. In a large bowl, add sausage, cucumbers, tomatoes, red onion, olives and avocado.
2. In a 16 oz. jar, add olive oil, vinegar, garlic, oregano, and salt and pepper. Seal with lid and shake well until thoroughly mixed.
3. Add the dressing to the vegetable mixture and toss until mixture is well coated. Enjoy!



BAKED BACON

6 Servings | **Prep time:** 5 minutes | **Cook time:** 20 minutes

Calories: 100 | **Protein:** 6 | **Fat:** 8 | **Carbs:** 0

Gluten-Free. Dairy-Free, D.TOX, GUT.FIX

- 1 package (12 oz.) bacon
- Parchment paper

1. Preheat the oven to 400°F
2. Line 1 rimmed baking sheets with parchment paper. Arrange the bacon on the baking sheet(s) in a single layer without overlapping.
3. Bake until the bacon is at desired crispy-ness level, about 15 to 20 minutes.
4. Remove bacon from oven and place on a plate covered with paper towels. Gently dab to remove excess oil.



BACON WRAPPED BRUSSELS SPROUTS

4 Servings | **Prep time:** 10 minutes | **Cook time:** 40 minutes

Calories: 170 | **Protein:** 13 | **Fat:** 11 | **Carbs:** 4

Gluten-Free, Dairy-Free, D.TOX

- 1 package of bacon
- 15-16 Brussels sprouts
- Toothpicks

1. Preheat oven to 400 F and cover a baking sheet with parchment paper.
2. Take each sprout and wrap a piece of bacon around it, securing with a toothpick. Place on the baking sheet in a single layer.
3. Bake until the sprouts are tender and bacon looks crispy, about 40-45 minutes.
4. Let cool, and enjoy!

MAPLE CINNAMON SWEET POTATOES

6 Servings | Prep time: 10 minutes | Cook time: 35 min

Calories: 120 | Protein: 1 | Fat: 5 | Carbs: 21

Gluten-Free, Dairy-Free, D.TOX

- 2 medium sweet potatoes, peeled and diced into 1 inch cubes
- 2 tablespoons olive oil
- 2 Tbsp. maple syrup
- 2 tsp. cinnamon
- Salt and pepper, to taste

1. Preheat oven to 400F. Lightly coat a baking pan with non-stick cooking spray, or line with parchment paper. Set aside.
2. In a medium bowl, combine the olive oil, maple syrup, cinnamon, salt and pepper.
3. Add potatoes and toss to coat.
4. Spread potatoes in an even layer onto prepared pan.
5. Roast for 30-35 minutes, or until browned and crispy.
6. Remove from the oven and let cool for 5 minutes.
7. Serve immediately and enjoy!



A top-down view of a parchment paper sheet on a blue textured surface. The sheet contains several small, round pastries. Each pastry is topped with a smooth, dark chocolate glaze and sprinkled with white, flaked coconut. Some coconut flakes have scattered onto the parchment paper around the pastries. The pastries are arranged in a loose, circular pattern.

DESSERTS

DESSERTS

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SALTED ALMOND ICE CREAM

3 Servings | **Prep time:** 5 minutes | **Cook time:** 5 minutes

Calories: 205 | **Protein:** 6 | **Fat:** 25 | **Carbs:** 12

Gluten-Free, Dairy-Free, Vegetarian, Vegan, D.TOX

- 2 peeled, frozen bananas
 - 2 Tbsp. unsalted almond butter (or nut butter of choice)
 - ¼ cup chopped almonds (raw, unroasted)
 - 1 tsp. salt (course is best)
 - 1 tsp. vanilla extract
1. Chop each frozen banana into 4-6 smaller pieces. Place a food processor or blender and blend on low to medium speed until smooth and creamy.
 2. Add nut butter, vanilla and salt, and blend until thoroughly mixed.
 3. Top with chopped almonds and enjoy!



DARK CHOCOLATE COVERED STRAWBERRIES

5 Servings | **Prep time:** 5 minutes | **Cook time:** 15 minutes

Calories: 150 | **Protein:** 2 | **Fat:** 10 | **Carbs:** 12

Gluten-Free, Vegetarian

- 1 lb. strawberries
- One 3.5 oz. bar of 90% dark chocolate

1. Rinse and thoroughly pat dry strawberries.
2. Break chocolate bars into pieces and place in glass bowl.
3. Microwave chocolate for 30 seconds, stir, and repeat as needed until chocolate is melted— careful not to scorch the chocolate. You can use a double-boiler instead if you would rather.
4. Line baking sheet with parchment paper.
5. Once chocolate is melted, dip strawberry into chocolate and set on paper.
6. Dip all strawberries and place on parchment paper, then place baking sheet into fridge to cool and allow chocolate to set, about 15 minutes.
7. Serve once chocolate has cooled. Store any leftovers in fridge.



PROTEIN PUDDING

2 Servings | **Prep time:** 5 minutes | **Cook time:** 0 minutes

Calories: 190 | **Protein:** 14 | **Fat:** 18 | **Carbs:** 12

Gluten-Free, Dairy-Free, Vegan, Vegetarian, D.TOX, GUT.FIX

- 1 ripe avocado
 - 1 serving Life Time chocolate protein powder*
 - 3 tablespoons unsweetened almond or coconut milk (add more to desired consistency)
1. Place all ingredients in blender or food processor and blend until creamy.

* LIFE TIME PROTEINS – **GLUTEN-FREE:** All; **VEGAN:** Vegan & Vegan +; **VEGETARIAN:** Vegan, Vegan +, Whey, Whey + & Whey Isolate; **DAIRY-FREE:** Vegan, Vegan +, & Beef Protein (Collagen), **GUT.FIX:** Collagen; **D.TOX:** Vegan, Vegan + & Collagen



GINGERBREAD PROTEIN BITES

5 Servings | Prep time: 10 minutes | Cook time: 30-60 minutes

Calories: 285 | Protein: 22 | Fat: 12 | Carbs: 21

Gluten-Free, Dairy-Free, Vegetarian, Vegan

- 1 cup unsweetened coconut or almond milk
 - 1 Tbsp. pumpkin pie spice
 - 1 tsp. ginger
 - 1 tsp. vanilla extract
 - ½ cup sunflower butter
 - 3 scoops Cinnamon UCAN
 - 6 scoops Vanilla VeganMax
1. In a microwave safe bowl, place milk, sunflower butter and vanilla extract and heat for 20 seconds at a time until the sunflower butter is fully melted.
 2. Add UCAN, VeganMax and spices to the mixture and mix until thoroughly blended.
 3. Form 10, 2 inch balls and refrigerate for 30-60 minutes, until set.



COCONUT SHORTBREAD COOKIES

10 Servings | **Prep time:** 20 minutes | **Cook time:** 30-60 minutes

Calories: 120 | **Protein:** 4 | **Fat:** 10 | **Carbs:** 5

Gluten-Free, Dairy-Free, Vegetarian

- 1 ½ cups unsweetened shredded coconut
- 3 tsp. coconut oil
- 3 Tbsp. unsweetened coconut milk
- 1 tsp. vanilla extract
- Pinch of coarse Himalayan sea salt
- 1/8 cup organic dark chocolate
- 1 serving Vanilla VeganMax (2 scoops)

1. Place shredded coconut and coconut oil into the bowl of a food processor and process on high speed. Scrape the sides intermittently until mixture is a butter consistency.
2. Add the VeganMax, coconut milk, vanilla extract, and salt and process on high speed until all of ingredients are thoroughly mixed.
3. Form mixture into 1" balls and place in the refrigerator overnight, or in the freezer for one hour.
4. Once the coconut balls have firmed up, melt the dark chocolate in a small saucepan and dip coconut balls. Sprinkle with shredded coconut and enjoy!



BAKED APPLES

6 Servings | **Prep time:** 10 minutes | **Cook time:** 35 minutes

Calories: 215 | **Protein:** 1 | **Fat:** 18 | **Carbs:** 15

Gluten-Free, Vegetarian

- 3-4 apples (Honeycrisp, Fuji, Braeburn or Jazz work best)
 - ½ cup unsalted butter, melted
 - 2-3 tbsp. Cinnamon
 - Juice of ½ orange (not orange juice)
 - 1 tbsp. vanilla extract
 - ¼ cup chopped pecans or walnuts
1. Preheat oven to 350° F. In a small bowl, combine melted butter, cinnamon, vanilla extract, and orange juice. Stir until evenly mixed and set aside.
 2. Core the apples and slice them into thin slices.
 3. Line the bottom of a small, shallow baking dish with a single layer of apples. Spread a small amount of the butter mixture over each slice. Sprinkle with chopped nuts. Repeat these three steps until you run out of apples – Be careful not to finish the butter mixture before you finish the apple layers.
 4. Bake for 30-35 minutes or until apples are fork tender. Enjoy!

SUNBUTTER BUCKEYES

15 Servings | **Prep time:** 30 minutes | **Cook time:** 5 minutes

Calories: 205 | **Protein:** 9 | **Fat:** 19 | **Carbs:** 9

Gluten-Free, Vegetarian



- 2 cups sunflower seed butter (unsweetened)
- 2 tsp. vanilla extract
- 1 tsp. almond extract
- 2 scoops (1 serving) Vanilla VeganMax Protein Powder
- 1/8 cup dark chocolate (90% cacao)
- 2 Tbsp. coconut oil

1. Combine almond butter and extract(s) in a small bowl. Add in protein powder, and mix well together. Place mixture in the freezer for 30 minutes.
2. Remove mixture from freezer and form into tablespoon-sized balls. Place the sunflower butter balls on a baking sheet lined with parchment paper, and place back into freezer for about 1 hour or until hardened.
3. Melt the chocolate and coconut oil in a saucepan over the stove. Using a double boiler or microwave is fine as well.
4. Remove the sunflower butter balls from the freezer. With a toothpick, dip the balls into the chocolate mixture. Use only one coat, and cover about 3/4 of each ball. Repeat with each ball, and place each one back onto the parchment lined baking sheet.
5. Place baking sheet back into the freezer for about an hour to allow chocolate shell to harden completely.
6. Store in refrigerator or freezer. Serve chilled.



STRAWBERRY ICE CREAM WITH ALMOND CRUMBLE

10 Servings | **Prep time:** 5 minutes | **Cook time:** 120 minutes

Calories: 290 | **Protein:** 23 | **Fat:** 17 | **Carbs:** 14

Gluten-Free, Dairy-Free, Vegetarian, Vegan, D.TOX

- 1 can full fat coconut milk
- 2 Tbsp. vanilla
- 1 cup strawberries, cut into fourths
- 1/3 cup almond flour
- 3 Tbsp. sunflower or almond butter
- 1 tsp. vanilla
- Salt, to taste

1. Place coconut milk, vanilla, and 1 cup strawberries in a blender and mix until well combined.
2. Place mixture in the freezer for 2 hours.
3. Combine almond flour, nut butter and vanilla until it becomes a “crumble” consistency. Place in the refrigerator until ice cream is ready,
4. Once the ice cream is the right consistency, top with crumble and enjoy!



PUMPKIN MUFFINS

12 Servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

Calories: 120 | **Protein:** 4 | **Fat:** 5 | **Carbs:** 16

Gluten-Free, Dairy-Free, Vegetarian

- 1 cup pumpkin puree
 - ¼ cup pure maple syrup
 - 2 eggs
 - 1 tbsp. vanilla extract
 - 4 tbsp. almond butter
 - ¼ cup unsweetened vanilla almond milk
 - 2 and ¼ cup gluten-free oats
 - 1 tsp. baking powder
 - ½ tsp. baking soda
 - ½ tsp. salt
 - 1 tsp. cinnamon
 - ½ cup dark chocolate chips (optional)
1. Preheat the oven to 350°F and grease a muffin tin.
 2. Place all of the ingredients except the chocolate chips into a blender and blend for about 30 seconds, or until smooth.
 3. Using a spoon, mix-in the chocolate chips. Pour the batter into the muffin tin, filling each about ¾th of the way full. Bake in the oven for 20-25 minutes, until light golden brown.



PEPPERMINT MACAROONS

15 Servings | Prep time: 15 minutes | Cook time: 60 minutes

Calories: 285 | Protein: 3 | Fat: 26 | Carbs: 13

Gluten-Free, Vegetarian

- 4 cups unsweetened shredded coconut
 - 1/8 cup maple syrup
 - 2 egg whites
 - 2 tablespoons coconut oil
 - 1 tsp. vanilla
 - 1 tsp. peppermint extract
 - 1/2 cup dark chocolate chips
1. First, preheat oven to 350°F and line a baking sheet with parchment paper.
 2. In a large bowl, mix together coconut, maple syrup, peppermint extract, egg whites, coconut oil, and vanilla.
 3. Use a 1/4 cup to scoop the coconut mixture into your palm and compress together. Place on baking sheet and shape into a dome with the palm of your hand. Repeat.
 4. Bake at 350°F for about 20 minutes or until the macaroons begin to turn golden brown on the sides.
 5. Let cool for about 30 minutes.
 6. Coat the bottom of each macaroon with chocolate by melting chocolate chips in the microwave and stirring until smooth.
 7. Dip the bottom of each macaroon into the melted chocolate (gently), set on a piece of parchment paper. Repeat.
 8. When chocolate has cooled and hardened, enjoy!



SWEET POTATO, HONEY & GINGER MOUSSE

6 Servings | **Prep time:** 5 minutes | **Cook time:** 35 minutes

Calories: 175 | **Protein:** 14 | **Fat:** 7 | **Carbs:** 24

Gluten-Free, Dairy-Free, Vegetarian

- 3 medium sweet potatoes
 - ¼ cup canned coconut milk
 - 1 Tbsp. honey
 - 4 servings Life Time chocolate collagen protein
 - 2 Tbsp. ginger
1. Place sweet potatoes on a baking sheet and bake at 450 until soft – about 30 minutes
 2. Remove skin from the sweet potatoes and place in a blender with the remaining ingredients.
 3. Blend until smooth, then chill.



HOLIDAY EGG NOG

3 Servings | Prep time: 5 minutes | Cook time: 4 hours

Calories: 290 | Protein: 14 | Fat: 17 | Carbs: 20

Gluten-Free

- 6 large eggs, yolk only
 - 1/8 cup maple syrup, pure
 - 3 cups whole milk
 - 1/2 tsp. nutmeg
 - 1/4 tsp. cinnamon
 - 1 tsp. vanilla extract
1. Whisk eggs, maple syrup, and milk in a medium saucepan, and then place on a burner over medium heat. Whisk regularly until the mixture reaches 160° F or so and coats the back of a metal spoon slightly.
 2. Remove from the heat and allow to cool for 10 minutes. Then mix in the spices and vanilla.
 3. Chill in the fridge for a few hours or overnight.
 4. Whisk well before serving.



RED, WHITE & BLUE PARFAIT

4 Serving | Prep time: 30 minutes | Cook time: 30 minutes

Calories: 150 | Protein: 7 | Fat: 7 | Carbs: 18

Gluten-Free

Granola

- 1 1/2 cups gluten-free rolled oats
- 1/4 cup chopped pecans
- 1/4 chop chopped almonds
- 1 Tbsp. coconut oil, melted
- 1 Tbsp. honey, warmed
- 1 tsp. cinnamon

Parfait

- 1 cup blueberries
- 1 cup strawberries or raspberries
- 2 cups Greek yogurt

1. Preheat the oven to 325 degrees.
2. In a medium mixing bowl, add the oats, almonds, walnuts, cinnamon, and salt and stir to combine.
3. Add melted coconut oil and honey to the mixture and stir until thoroughly coated.
4. Spread granola mixture on a small sheet pan and bake for about 20 minutes, or longer if you prefer your granola more toasted.
5. When you remove the granola from the oven, do not stir. Allow to cool, and it will continue to clump as it cools.
6. Once the granola has cooled completely (about 30 minutes), add a small layer of yogurt to the bottom of a glass – each parfait will use 1/2 cup of yogurt in three layers, so split accordingly. Then layer 1/4 cup of blueberries, then another layer of yogurt, then a layer of strawberries or raspberries. Top with the final layer of yogurt, and sprinkle the top with 1-2 Tbsp. of granola and enjoy!



APPLE PIE PROTEIN BITES

8 Servings | **Prep time:** 5 minutes | **Cook time:** 35 minutes

Calories: 145 | **Protein:** 13 | **Fat:** 6 | **Carbs:** 11

Gluten-Free, Vegetarian

- 1 ½ cup almond flour
- 4 scoops Life Time Whey, vanilla
- 2 Tbsp. maple syrup
- 1 Tbsp. cinnamon
- 1 tsp. nutmeg
- ¼ cup almond butter
- ½ cup unsweetened applesauce

1. In large mixing bowl, combine all ingredients and mix until combined. The batter should be a sticky, thick consistency.
2. Place mixture in the refrigerator for about 30 minutes.
3. Remove, and form 1" inch balls. Store in the refrigerator.



NO-BAKE COCONUT BITES

12 Servings | Prep time: 10 minutes | Cook time: 40 min

Calories: 170 | Protein: 1 | Fat: 13 | Carbs: 13

Gluten-Free, Vegetarian

- 1 ½ cups shredded unsweetened coconut
- 6 dates
- 2 Tbsp. coconut oil
- 1 Tbsp. pure vanilla extract
- 12 almonds (optional)
- 1/2 cup dark chocolate chips

1. Line a small cutting board with wax or parchment paper.
2. Combine coconut, dates and coconut oil in a food processor until slightly sticky, about 3 minutes.
3. Using a tablespoon, press the mixture into the spoon to shape into 12 equal-sized bites. Gently slide out of spoon and place on parchment paper.
4. If you prefer Mounds bars, leave as is. If you prefer Almond Joys, press one almond in the center of each coconut mound.
5. Freeze for 20 minutes.
6. While the bars are firming up, melt the chocolate chips in the microwave (20 seconds at a time to prevent burning).
7. Dip the coconut mixture into the chocolate to top them. Pop them back in the freezer for another 20 minutes to firm up.



NO-BAKE COOKIE DOUGH PROTEIN BARS

6 Servings | Prep time: 10 minutes | Cook time: 10 min

Calories: 170 | Protein: 16 | Fat: 6 | Carbs: 22

Gluten-Free, Vegetarian

- ½ cup oat flour
- 2 scoops Life Time vanilla whey
- ¼ cup maple syrup
- 1 Tbsp. butter
- 1 tsp. vanilla extract
- Pinch of sea salt
- ¼ cup mini dark chocolate chips

1. In a large mixing bowl, add all ingredients except the chocolate chips and mix until a dough is formed.
2. Let the mix cool (the butter may still be warm). Once completely cool, fold in chocolate chips.
3. Place cookie dough on a wax paper lined baking sheet. Place in the freezer for 15 minutes.



MINT CHOCOLATE TRUFFLES

2 Servings | Prep time: 10 minutes | Cook time: 30 min

Calories: 150 | Protein: 14 | Fat: 7 | Carbs: 7

Gluten-Free

- 2 servings Life Time Collagen, unflavored
 - 2 Tbsp. unsweetened coconut milk
 - 1 tsp. vanilla extract
 - 1 Tbsp. almond butter
 - 2 Tbsp. water
 - 1 Tbsp. cocoa powder
 - 1 tsp. Mint extract
 - Pinch Sea Salt
1. In a mixing bowl, mix all dry ingredients. Then, mix in the remainder of the ingredients except the cocoa powder and mix until it forms a sticky dough.
 2. Form the dough into small 1-2" balls.
 3. Place cocoa powder on a plate and roll each truffle in the powder.
 4. Refrigerate truffles for 30 minutes and enjoy!